



# 5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

## Detailed evaluation

**Leonhardt, Ralf**

Club: Greiz

Number: 882

Course: 11.10 km

Viertelmarathon

Category:

Männer M45

Total time: 1:13:02

Speed: 9.04 km/h

Running performance: 6:35 min/km

Rank in course/Total: 65 (of 78)

Rank in course/Men: 50 (of 52)

Best time in course: 43:13

Rank in category: 7(of 7)

Best time in the category: 45:44

### Intermediate times

### Stage score

### Total ranking

| Control      | Split | Split | Split  | Pos  | Behind | Pos | Behind | Total | Total   | Total  | Pos  | Behind | Pos | Behind |
|--------------|-------|-------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
|              | km    | Time  | min/km | Cat. | Cat.   | Men | Men    | km    | Time    | min/km | Cat. | Cat.   | Men | Men    |
| Weißer Stein | 6.20  | 38:25 | 6:11   | 4    | 11:55  | 25  | 15:06  | 6.20  | 38:25   | 6:11   | 4    | 11:55  | 3   | 5:47   |
| Ziel Lauf    | 4.90  | 34:37 | 7:03   | 4    | 11:13  | 26  | 14:30  | 11.10 | 1:13:02 | 6:34   | 7    | 27:18  | 50  | 29:49  |