



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Leffers, Matthias

Club: LLG 80 Nordpark Köln
Number: 213

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:44:16

Speed: 11.24 km/h
Running performance: 5:19 min/km

Rank in course/Total: 15 (of 311)

Rank in course/Men: 15 (of 279)

Best time in course: 3:02:44

Rank in category: 3(of 62)

Best time in the category: 3:33:30

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	24:01	4:33	2	1:15	5	2:18	5.27	24:01	4:33	35		13	
Runde	5.27	24:21	4:37	2	0:40	4	2:38	10.54	48:22	4:35	34		15	4:56
Runde	5.27	24:53	4:43	2	0:10	6	2:38	15.81	1:13:15	4:37	34		15	7:34
Runde	5.27	27:16	5:10	3	1:30	17	4:28	21.08	1:40:31	4:46	34		15	12:02
Runde	5.27	28:06	5:19	3	1:36	14	5:30	26.35	2:08:37	4:52	34		15	17:32
Runde	5.27	30:07	5:42	5	1:58	22	7:35	31.62	2:38:44	5:01	34		15	25:07
Runde	5.27	31:45	6:01	6	3:18	27	8:33	36.89	3:10:29	5:09	34		15	33:40
Runde	5.27	33:47	6:24	11	6:47	54	18:02	42.16	3:44:16	5:19	4	2:50:54	20	2:50:54