



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Littfin, Reinhold

Club: LT Lippehasen
Number: 220

Course: 21.08 km
Halbmarathon

Category:
Männer M55

Total time: 2:38:20

Speed: 7.96 km/h
Running performance: 7:31 min/km

Rank in course/Total: 43 (of 64)

Rank in course/Men: 37 (of 53)

Best time in course: 1:47:19

Rank in category: 9(of 10)

Best time in the category: 2:12:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	5.27	39:07	7:25	9	7:42	44	13:09	5.27	39:07	7:25	9	7:42	6		
Runde	5.27	39:00	7:24	9	7:29	39	12:49	10.54	1:18:07	7:24	9	15:11	6		
Runde	5.27	39:21	7:28	8	5:05	36	12:02	15.81	1:57:28	7:25	9	20:13	6		
Runde	5.27	40:52	7:45	8	6:56	34	40:24	21.08	2:38:20	7:30	9	25:47	37	51:01	