



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Leffers, Matthias

Club: LLG 80 Nordpark Köln
Number: 51

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 3:40:07

Speed: 11.45 km/h
Running performance: 5:13 min/km

Rank in course/Total: 28 (of 305)

Rank in course/Men: 28 (of 271)

Best time in course: 3:01:21

Rank in category: 9(of 57)

Best time in the category: 3:07:03

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	0.50	1:12	2:23	3	0:03	12	0:03	0.50	1:12	2:23	30		12	
Runde	3.47	14:08	4:04	2	0:37	9	0:37	3.97	15:20	3:51	30		46	
Runde	3.47	15:04	4:20	2	0:48	12	0:50	7.44	30:24	4:05	42		44	
Runde	3.47	15:29	4:27	4	12:20	14	12:20	10.91	45:53	4:12	42		43	
Runde	3.47	16:01	4:36	4	1:09	15	1:40	14.38	1:01:54	4:18	42		41	
Runde	3.47	16:42	4:48	4	1:54	18	2:17	17.85	1:18:36	4:24	41		40	
Runde	3.47	17:34	5:03	7	2:38	28	2:59	21.32	1:36:10	4:30	41		39	9:02
Runde	3.47	20:00	5:45	16	4:50	64	5:28	24.79	1:56:10	4:41	41		39	14:07
Runde	3.47	20:26	5:53	16	4:36	63	6:01	28.26	2:16:36	4:50	36		34	19:19
Runde	3.47	20:24	5:52	15	4:10	47	5:25	31.73	2:37:00	4:56	36		32	23:29
Runde	3.47	20:46	5:59	15	4:04	39	5:19	35.20	2:57:46	5:03	35		28	23:36
Runde	3.47	21:35	6:13	12	4:18	51	5:43	38.67	3:19:21	5:09	35		27	34:13
Finish	3.47	20:46	5:59	11	3:21	44	5:10	42.18	3:40:07	5:13	9	33:04	28	38:46