



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Littfin, Reinhold

Club: LT Lippehasen
Number: 183

Course: 21.34 km
Halbmarathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:41:12

Speed: 7.82 km/h
Running performance: 7:33 min/km

Rank in course/Total: 46 (of 62)

Rank in course/Men: 38 (of 51)

Best time in course: 1:34:46

Rank in category: 4(of 4)

Best time in the category: 1:58:02

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	3.47	25:17	7:17	4	5:43	43	10:45	3.47	25:17	7:17	3	5:43	47	2:01
Runde	3.47	25:36	7:22	4	6:05	38	10:41	6.94	50:53	7:19	3	11:48	47	3:53
Runde	3.47	26:43	7:41	4	7:13	43	11:10	10.41	1:17:36	7:27	3	19:01	37	
Runde	3.47	27:12	7:50	4	7:32	40	11:07	13.88	1:44:48	7:33	3	26:33	46	7:15
Runde	3.47	28:33	8:13	4	8:47	39	11:53	17.35	2:13:21	7:41	3	35:20	45	9:50
Runde	3.97	27:51	7:00	3	7:50	32	10:50	21.34	2:41:12	7:33	4	43:10	38	1:06:26