



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Littfin, Reinhold

Club: LT Lippehasen
Number: 284

Course: 21.34 km
Halbmarathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:44:57

Speed: 7.64 km/h
Running performance: 7:44 min/km

Rank in course/Total: 173 (of 201)

Rank in course/Men: 145 (of 167)

Best time in course: 1:32:52

Rank in category: 3(of 5)

Best time in the category: 1:57:17

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	3.47	26:45	7:42	3	8:53	152	12:25	3.47	26:45	7:42	3	8:53	141	3:52
Runde	3.47	25:54	7:27	3	7:07	138	11:05	6.94	52:39	7:35	3	16:00	140	23:01
Runde	3.47	26:45	7:42	3	7:22	143	13:05	10.41	1:19:24	7:37	3	23:22	140	34:13
Runde	3.47	27:05	7:48	3	7:36	133	11:18	13.88	1:46:29	7:40	3	30:58	138	45:31
Runde	3.47	28:24	8:11	3	7:49	135	12:23	17.35	2:14:53	7:46	3	38:47	137	57:54
Runde	3.97	30:04	7:34	4	8:53	141	29:28	21.34	2:44:57	7:43	3	47:40	146	1:57:30