



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Leistner, Sören

Club: Bad Lauterberg
Number: 279

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:51:51

Speed: 8.63 km/h
Running performance: 6:55 min/km

Rank in course/Total: 150 (of 272)

Rank in course/Men: 140 (of 245)

Best time in course: 3:07:01

Rank in category: 36(of 63)

Best time in the category: 3:35:43

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	3.47	21:56	6:19	43	6:06	163	8:10	3.47	21:56	6:19	5		60	
Runde	3.47	21:05	6:04	39	4:38	134	6:24	6.94	43:01	6:11	5		147	
Runde	3.47	23:01	6:37	47	6:04	174	8:04	10.41	1:06:02	6:20	5		147	
Runde	3.47	22:14	6:24	38	5:13	145	6:37	13.88	1:28:16	6:21	5		146	
Runde	3.47	21:58	6:19	32	4:43	129	6:23	17.35	1:50:14	6:21	5		145	13:58
Runde	3.47	22:31	6:29	31	4:42	119	7:03	20.82	2:12:45	6:22	5		145	15:05
Runde	3.47	23:40	6:49	28	5:29	120	8:07	24.29	2:36:25	6:26	5		145	16:10
Runde	3.47	24:06	6:56	28	5:39	109	7:58	27.76	3:00:31	6:30	5		145	15:51
Runde	3.47	24:29	7:03	23	5:54	99	8:27	31.23	3:25:00	6:33	5		144	1:06:10
Runde	3.47	23:35	6:47	10	4:06	61	7:29	34.70	3:48:35	6:35	5		139	1:13:39
Runde	3.47	29:04	8:22	43	9:37	169	13:12	38.17	4:17:39	6:45	5		139	1:26:51
Runde	3.97	34:12	8:36	57	16:13	219	33:55	42.18	4:51:51	6:55	36	1:16:08	143	3:22:38