



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Baß, Michael

Club: Philips LG/ BSV HH
Number: 22

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:58:01

Speed: 10.59 km/h
Running performance: 5:38 min/km

Rank in course/Total: 30 (of 305)

Rank in course/Men: 30 (of 279)

Best time in course: 3:13:29

Rank in category: 9(of 71)

Best time in the category: 3:26:46

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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
1. Runde	10.55	58:34	5:33	24	14:21	94	15:34	10.55	58:34	5:33	6		38	6:55
2. Runde	10.55	59:31	5:38	11	9:20	47	13:13	21.10	1:58:05	5:35	45		38	19:19
3. Runde	10.55	1:00:13	5:42	9	6:58	31	11:15	31.65	2:58:18	5:38	43		32	28:14
Finish	10.55	59:43	5:39	6	59:03	18	59:11	42.20	3:58:01	5:38	11	42:54	39	2:28:18