



7. Unter-Tage Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Uttendorfer, Wolfgang

Club: DAV Ludwigsburg  
 Number: 394

Course: 42.20 km  
 Marathon

Category:  
 Männer M45

Total time: 3:58:05

Speed: 10.58 km/h  
 Running performance: 5:38 min/km

Rank in course/Total: 32 (of 305)

Rank in course/Men: 32 (of 279)

Best time in course: 3:13:29

Rank in category: 4(of 61)

Best time in the category: 3:13:29

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
1. Runde	10.55	57:00	5:24	9	8:05	67	14:00	10.55	57:00	5:24	36		40	5:21
2. Runde	10.55	1:00:57	5:46	9	13:50	58	14:39	21.10	1:57:57	5:35	36		40	19:11
3. Runde	10.55	59:48	5:40	4	8:30	26	10:50	31.65	2:57:45	5:36	34		34	27:41
Finish	10.55	1:00:20	5:43	4	58:24	19	59:48	42.20	3:58:05	5:38	5	44:36	41	2:28:22