



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Fischer, Gerd

Club: LTH-Essen
Number: 99

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:58:59

Speed: 10.54 km/h
Running performance: 5:40 min/km

Rank in course/Total: 37 (of 305)

Rank in course/Men: 35 (of 279)

Best time in course: 3:13:29

Rank in category: 11(of 71)

Best time in the category: 3:26:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	56:19	5:20	16	12:06	60	13:19	10.55	56:19	5:20	43		43	4:40
2. Runde	10.55	59:11	5:36	10	9:00	42	12:53	21.10	1:55:30	5:28	43		43	16:44
3. Runde	10.55	1:00:20	5:43	10	7:05	32	11:22	31.65	2:55:50	5:33	41		37	25:46
Finish	10.55	1:03:09	5:59	10	1:02:29	30	1:02:37	42.20	3:58:59	5:39	13	43:52	44	2:29:16