



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Aumüller, Roland

Club: Freaky Friday Runners Bamberg
Number: 13

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:01:32

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 42 (of 305)

Rank in course/Men: 40 (of 279)

Best time in course: 3:13:29

Rank in category: 13(of 71)

Best time in the category: 3:26:46

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	51:29	4:52	7	7:16	24	8:29	10.55	51:29	4:52	41		49	
2. Runde	10.55	55:41	5:16	6	5:30	21	9:23	21.10	1:47:10	5:04	41		49	8:24
3. Runde	10.55	1:03:12	5:59	14	9:57	48	14:14	31.65	2:50:22	5:22	39		42	20:18
Finish	10.55	1:11:10	6:44	19	1:10:30	68	1:10:38	42.20	4:01:32	5:43	15	46:25	50	2:31:49