



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Henke, Thomas

Club: Stuttgart
Number: 159

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:03:24

Speed: 10.35 km/h
Running performance: 5:46 min/km

Rank in course/Total: 45 (of 305)

Rank in course/Men: 43 (of 279)

Best time in course: 3:13:29

Rank in category: 11(of 36)

Best time in the category: 3:17:20

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Behind | Total | | Pos | Behind | Pos | | Behind |
|----------|-------|---------|------|--------|--------|------|---------|-------|---------|------|--------|-------|----|---------|
| | km | Time | | | min/km | Cat. | | Cat. | Men | | | Men | km | |
| 1. Runde | 10.55 | 56:18 | 5:20 | 15 | 12:50 | 59 | 13:18 | 10.55 | 56:18 | 5:20 | 29 | | 52 | 4:39 |
| 2. Runde | 10.55 | 57:14 | 5:25 | 7 | 10:56 | 29 | 10:56 | 21.10 | 1:53:32 | 5:22 | 29 | | 52 | 14:46 |
| 3. Runde | 10.55 | 1:01:21 | 5:48 | 10 | 12:23 | 36 | 12:23 | 31.65 | 2:54:53 | 5:31 | 29 | | 45 | 24:49 |
| Finish | 10.55 | 1:08:31 | 6:29 | 12 | 15:39 | 58 | 1:07:59 | 42.20 | 4:03:24 | 5:46 | 11 | 46:04 | 53 | 2:33:41 |