



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

Detailed evaluation

Schilder, Holger

Club: GMRLV  
 Number: 7

Course: 42.20 km  
 Marathon

Category:  
 Männer M40

Total time: 4:03:45

Speed: 10.34 km/h  
 Running performance: 5:47 min/km

Rank in course/Total: 46 (of 305)

Rank in course/Men: 44 (of 279)

Best time in course: 3:13:29

Rank in category: 14(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	53:31	5:04	9	9:18	30	10:31	10.55	53:31	5:04	40		53	1:52
2. Runde	10.55	1:00:08	5:41	13	9:57	53	13:50	21.10	1:53:39	5:23	40		53	14:53
3. Runde	10.55	1:01:56	5:52	12	8:41	38	12:58	31.65	2:55:35	5:32	38		46	25:31
Finish	10.55	1:08:10	6:27	17	1:07:30	56	1:07:38	42.20	4:03:45	5:46	16	48:38	54	2:34:02