



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Keitz, Ralf

Club: Leipziger Triathlon e.V.
Number: 183

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 4:12:18

Speed: 9.99 km/h
Running performance: 5:59 min/km

Rank in course/Total: 56 (of 305)

Rank in course/Men: 54 (of 279)

Best time in course: 3:13:29

Rank in category: 3(of 27)

Best time in the category: 3:14:53

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 Men	Behind Men				Pos Men	Behind Men		
1. Runde	10.55	57:42	5:28	3	14:42	84	14:42	10.55	57:42	5:28	24		66	6:03
2. Runde	10.55	1:04:36	6:07	3	17:48	102	18:18	21.10	2:02:18	5:47	24		65	23:32
3. Runde	10.55	1:04:25	6:06	3	14:18	58	15:27	31.65	3:06:43	5:53	23		57	36:39
Finish	10.55	1:05:35	6:12	3	10:37	38	1:05:03	42.20	4:12:18	5:58	5	57:25	67	2:42:35