



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Soff, Andreas

Club: Unterwellenborn
Number: 359

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:13:18

Speed: 9.95 km/h
Running performance: 6:00 min/km

Rank in course/Total: 58 (of 305)

Rank in course/Men: 56 (of 279)

Best time in course: 3:13:29

Rank in category: 5(of 61)

Best time in the category: 3:13:29

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	1:06:59	6:20	39	18:04	195	23:59	10.55	1:06:59	6:20	38	8:24	68	15:20
2. Runde	10.55	1:08:08	6:27	23	21:01	132	21:50	21.10	2:15:07	6:24	38	8:44	67	36:21
3. Runde	10.55	1:02:25	5:54	6	11:07	40	13:27	31.65	3:17:32	6:14	36		59	47:28
Finish	10.55	55:46	5:17	3	53:50	7	55:14	42.20	4:13:18	6:00	7	59:49	69	2:43:35