



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Bechler, Ralf

Club: Rennsteiglaufverein
Number: 23

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:15:19

Speed: 9.87 km/h
Running performance: 6:03 min/km

Rank in course/Total: 63 (of 305)

Rank in course/Men: 61 (of 279)

Best time in course: 3:13:29

Rank in category: 18(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	56:16	5:19	15	12:03	57	13:16	10.55	56:16	5:19	70		73	4:37
2. Runde	10.55	1:01:17	5:48	15	11:06	61	14:59	21.10	1:57:33	5:34	70		45	18:47
3. Runde	10.55	1:03:47	6:02	17	10:32	54	14:49	31.65	3:01:20	5:43	68		64	31:16
Finish	10.55	1:13:59	7:00	26	1:13:19	87	1:13:27	42.20	4:15:19	6:03	21	1:00:12	74	2:45:36