



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Poerschke, Ralf

Club: MSV Eintracht Halberstadt
Number: 280

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:20:47

Speed: 9.66 km/h
Running performance: 6:11 min/km

Rank in course/Total: 70 (of 305)

Rank in course/Men: 68 (of 279)

Best time in course: 3:13:29

Rank in category: 8(of 61)

Best time in the category: 3:13:29

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	56:58	5:23	8	8:03	66	13:58	10.55	56:58	5:23	42		81	5:19
2. Runde	10.55	1:01:47	5:51	11	14:40	72	15:29	21.10	1:58:45	5:37	42		80	19:59
3. Runde	10.55	1:08:04	6:27	10	16:46	77	19:06	31.65	3:06:49	5:54	39		71	36:45
Finish	10.55	1:13:58	7:00	11	1:12:02	86	1:13:26	42.20	4:20:47	6:10	11	1:07:18	82	2:51:04