



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

Detailed evaluation

Kiehn, Uwe

Club: SF-Ennepetal
 Number: 186

Course: 42.20 km
 Marathon

Category:
 Männer M40

Total time: 4:27:16

Speed: 9.43 km/h
 Running performance: 6:20 min/km

Rank in course/Total: 85 (of 305)

Rank in course/Men: 82 (of 279)

Best time in course: 3:13:29

Rank in category: 23(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	1:04:09	6:04	40	19:56	150	21:09	10.55	1:04:09	6:04	55		96	12:30
2. Runde	10.55	1:07:08	6:21	36	16:57	120	20:50	21.10	2:11:17	6:13	55		95	32:31
3. Runde	10.55	1:09:04	6:32	25	15:49	89	20:06	31.65	3:20:21	6:19	63		85	50:17
Finish	10.55	1:06:55	6:20	15	1:06:15	47	1:06:23	42.20	4:27:16	6:19	27	1:12:09	97	2:57:33