



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

Detailed evaluation

Bernath, Wolfgang

Club: marathon4you.de
 Number: 39

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:28:07

Speed: 9.40 km/h
 Running performance: 6:21 min/km

Rank in course/Total: 88 (of 305)

Rank in course/Men: 85 (of 279)

Best time in course: 3:13:29

Rank in category: 10(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:01:28	5:49	21	12:33	119	18:28	10.55	1:01:28	5:49	44	2:53	99	9:49
2. Runde	10.55	1:08:16	6:28	26	21:09	136	21:58	21.10	2:09:44	6:08	44	3:21	98	30:58
3. Runde	10.55	1:08:48	6:31	12	17:30	85	19:50	31.65	3:18:32	6:16	41		88	48:28
Finish	10.55	1:09:35	6:35	7	1:07:39	61	1:09:03	42.20	4:28:07	6:21	13	1:14:38	100	2:58:24