



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Schwarzenberg, Frank

Club: Heidetreter
Number: 342

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:28:27

Speed: 9.39 km/h
Running performance: 6:22 min/km

Rank in course/Total: 89 (of 305)

Rank in course/Men: 86 (of 279)

Best time in course: 3:13:29

Rank in category: 11(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	58:18	5:31	13	9:23	92	15:18	10.55	58:18	5:31	45		100	6:39
2. Runde	10.55	1:03:33	6:01	14	16:26	92	17:15	21.10	2:01:51	5:46	45		99	23:05
3. Runde	10.55	1:10:00	6:38	15	18:42	92	21:02	31.65	3:11:51	6:03	42		89	41:47
Finish	10.55	1:16:36	7:15	14	1:14:40	101	1:16:04	42.20	4:28:27	6:21	14	1:14:58	101	2:58:44