



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Alt, Joachim

Club: Freaky Friday Runners Bamberg
Number: 9

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:31:57

Speed: 9.31 km/h
Running performance: 6:27 min/km

Rank in course/Total: 94 (of 305)

Rank in course/Men: 91 (of 279)

Best time in course: 3:13:29

Rank in category: 19(of 36)

Best time in the category: 3:17:20

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	55:15	5:14	11	11:47	44	12:15	10.55	55:15	5:14	10		105	3:36
2. Runde	10.55	1:02:36	5:56	17	16:18	81	16:18	21.10	1:57:51	5:35	10		104	19:05
3. Runde	10.55	1:13:27	6:57	22	24:29	130	24:29	31.65	3:11:18	6:02	10		94	41:14
Finish	10.55	1:20:39	7:38	19	27:47	135	1:20:07	42.20	4:31:57	6:26	19	1:14:37	106	3:02:14