



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

van Rennings, Uwe

Club: TriFun Hennesee
Number: 397

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:33:49

Speed: 9.20 km/h
Running performance: 6:29 min/km

Rank in course/Total: 99 (of 305)

Rank in course/Men: 96 (of 279)

Best time in course: 3:13:29

Rank in category: 15(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	1:01:56	5:52	23	13:01	125	18:56	10.55	1:01:56	5:52	49	3:21	111	10:17
2. Runde	10.55	1:03:37	6:01	16	16:30	94	17:19	21.10	2:05:33	5:57	49		110	26:47
3. Runde	10.55	1:12:02	6:49	19	20:44	113	23:04	31.65	3:17:35	6:14	31		99	47:31
Finish	10.55	1:16:14	7:13	13	1:14:18	95	1:15:42	42.20	4:33:49	6:29	18	1:20:20	112	3:04:06