



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

Detailed evaluation

Kelbel, Joe

Club: laufjoe.blogspot.com
Number: 184

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:36:04

Speed: 9.13 km/h
Running performance: 6:32 min/km

Rank in course/Total: 103 (of 305)

Rank in course/Men: 100 (of 279)

Best time in course: 3:13:29

Rank in category: 28(of 71)

Best time in the category: 3:26:46

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	1:02:24	5:54	34	18:11	132	19:24	10.55	1:02:24	5:54	59		115	10:45
2. Runde	10.55	1:09:05	6:32	42	18:54	145	22:47	21.10	2:11:29	6:13	59		114	32:43
3. Runde	10.55	1:12:01	6:49	32	18:46	112	23:03	31.65	3:23:30	6:25	58		101	53:26
Finish	10.55	1:12:34	6:52	23	1:11:54	78	1:12:02	42.20	4:36:04	6:32	32	1:20:57	116	3:06:21