



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

Detailed evaluation

Schlittermann, Heiko

Club: Dresden
 Number: 318

Course: 42.20 km
 Marathon

Category:
 Männer M40

Total time: 4:42:26

Speed: 8.92 km/h
 Running performance: 6:41 min/km

Rank in course/Total: 120 (of 305)

Rank in course/Men: 116 (of 279)

Best time in course: 3:13:29

Rank in category: 33(of 71)

Best time in the category: 3:26:46

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	56:40	5:22	17	12:27	62	13:40	10.55	56:40	5:22	18		132	5:01
2. Runde	10.55	1:02:47	5:57	22	12:36	84	16:29	21.10	1:59:27	5:39	18		131	20:41
3. Runde	10.55	1:14:25	7:03	40	21:10	139	25:27	31.65	3:13:52	6:07	53		119	43:48
Finish	10.55	1:28:34	8:23	57	1:27:54	202	1:28:02	42.20	4:42:26	6:41	37	1:27:19	133	3:12:43