



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Siems, Werner

Club: Hamburg
Number: 352

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 4:42:45

Speed: 8.91 km/h
Running performance: 6:42 min/km

Rank in course/Total: 121 (of 305)

Rank in course/Men: 117 (of 279)

Best time in course: 3:13:29

Rank in category: 6(of 27)

Best time in the category: 3:14:53

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.	Pos Men	Behind Men
						Pos Men	Behind Men							
1. Runde	10.55	1:02:49	5:57	8	19:49	143	19:49	10.55	1:02:49	5:57	20		133	11:10
2. Runde	10.55	1:08:38	6:30	6	21:50	140	22:20	21.10	2:11:27	6:13	20		132	32:41
3. Runde	10.55	1:14:53	7:05	10	24:46	145	25:55	31.65	3:26:20	6:31	20		120	56:16
Finish	10.55	1:16:25	7:14	6	21:27	99	1:15:53	42.20	4:42:45	6:42	9	1:27:52	134	3:13:02