



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

Detailed evaluation

Malig, Ralf

Club: Senftenberg
 Number: 224

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:43:22

Speed: 8.89 km/h
 Running performance: 6:43 min/km

Rank in course/Total: 124 (of 305)

Rank in course/Men: 120 (of 279)

Best time in course: 3:13:29

Rank in category: 20(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	53:43	5:05	4	4:48	32	10:43	10.55	53:43	5:05	54		136	2:04
2. Runde	10.55	59:19	5:37	5	12:12	45	13:01	21.10	1:53:02	5:21	54		135	14:16
3. Runde	10.55	1:05:32	6:12	8	14:14	65	16:34	31.65	2:58:34	5:38	51		123	28:30
Finish	10.55	1:44:48	9:56	57	1:42:52	267	1:44:16	42.20	4:43:22	6:42	23	1:29:53	137	3:13:39