



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

Detailed evaluation

Blumensaat, Roland

Club: Verband deutscher Lauftherapeut
 Number: 188

Course: 42.20 km
 Marathon

Category:
 Männer M50

Total time: 4:44:04

Speed: 8.87 km/h
 Running performance: 6:44 min/km

Rank in course/Total: 127 (of 305)

Rank in course/Men: 123 (of 279)

Best time in course: 3:13:29

Rank in category: 17(of 30)

Best time in the category: 3:35:15

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	1:08:05	6:27	24	19:18	212	25:05	10.55	1:08:05	6:27	14	5:55	139	16:26
2. Runde	10.55	1:14:27	7:03	23	22:07	203	28:09	21.10	2:22:32	6:45	14	12:37	138	43:46
3. Runde	10.55	1:13:48	6:59	18	18:59	133	24:50	31.65	3:36:20	6:50	14	10:38	126	1:06:16
Finish	10.55	1:07:44	6:25	6	11:11	53	1:07:12	42.20	4:44:04	6:43	18	1:28:47	140	3:14:21