



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

Detailed evaluation

Sievers, Eckart

Club: Frechen  
 Number: 353

Course: 42.20 km  
 Marathon

Category:  
 Männer M50

Total time: 4:45:53

Speed: 8.81 km/h  
 Running performance: 6:47 min/km

Rank in course/Total: 129 (of 305)

Rank in course/Men: 125 (of 279)

Best time in course: 3:13:29

Rank in category: 18(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
1. Runde	10.55	1:09:42	6:36	26	20:55	236	26:42	10.55	1:09:42	6:36	13	7:32	140	18:03
2. Runde	10.55	1:15:00	7:06	24	22:40	211	28:42	21.10	2:24:42	6:51	13	14:47	140	45:56
3. Runde	10.55	1:13:02	6:55	17	18:13	122	24:04	31.65	3:37:44	6:52	13	12:02	128	1:07:40
Finish	10.55	1:08:09	6:27	8	11:36	55	1:07:37	42.20	4:45:53	6:46	19	1:30:36	142	3:16:10