



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Baars, Detlef

Club: LG RWE Power
Number: 15

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:45:53

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

Rank in course/Total: 130 (of 305)

Rank in course/Men: 126 (of 279)

Best time in course: 3:13:29

Rank in category: 22(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	58:50	5:34	16	9:55	99	15:50	10.55	58:50	5:34	56	0:15	142	7:11
2. Runde	10.55	59:58	5:41	7	12:51	52	13:40	21.10	1:58:48	5:37	43		93	20:02
3. Runde	10.55	1:14:24	7:03	24	23:06	138	25:26	31.65	3:13:12	6:06	53		129	43:08
Finish	10.55	1:32:41	8:47	44	1:30:45	227	1:32:09	42.20	4:45:53	6:46	25	1:32:24	142	3:16:10