



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

Detailed evaluation

Kraus, Uwe

Club: IGBCE Saarbrücken
Number: 199

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:46:16

Speed: 8.80 km/h
Running performance: 6:47 min/km

Rank in course/Total: 133 (of 305)

Rank in course/Men: 129 (of 279)

Best time in course: 3:13:29

Rank in category: 36(of 71)

Best time in the category: 3:26:46

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	1:02:48	5:57	36	18:35	142	19:48	10.55	1:02:48	5:57	15		145	11:09
2. Runde	10.55	1:08:24	6:29	41	18:13	139	22:06	21.10	2:11:12	6:13	15		144	32:26
3. Runde	10.55	1:11:29	6:46	29	18:14	105	22:31	31.65	3:22:41	6:24	16		132	52:37
Finish	10.55	1:23:35	7:55	49	1:22:55	160	1:23:03	42.20	4:46:16	6:47	40	1:31:09	146	3:16:33