



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Raulf, Martin

Club: Stolptertruppe Winsen
Number: 288

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:46:25

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

Rank in course/Total: 134 (of 305)

Rank in course/Men: 130 (of 279)

Best time in course: 3:13:29

Rank in category: 24(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	1:04:38	6:07	30	15:43	157	21:38	10.55	1:04:38	6:07	58	6:03	146	12:59
2. Runde	10.55	1:08:08	6:27	23	21:01	132	21:50	21.10	2:12:46	6:17	58	6:23	145	34:00
3. Runde	10.55	1:13:39	6:58	21	22:21	132	24:41	31.65	3:26:25	6:31	55	2:24	133	56:21
Finish	10.55	1:20:00	7:34	22	1:18:04	128	1:19:28	42.20	4:46:25	6:47	27	1:32:56	147	3:16:42