



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Birkner, Frank Johannes

Club: Extremabenteuer
Number: 47

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:46:33

Speed: 8.79 km/h
Running performance: 6:47 min/km

Rank in course/Total: 135 (of 305)

Rank in course/Men: 131 (of 279)

Best time in course: 3:13:29

Rank in category: 25(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	1:03:00	5:58	28	14:05	144	20:00	10.55	1:03:00	5:58	59	4:25	147	11:21
2. Runde	10.55	1:12:00	6:49	37	24:53	180	25:42	21.10	2:15:00	6:23	59	8:37	146	36:14
3. Runde	10.55	1:13:00	6:55	20	21:42	121	24:02	31.65	3:28:00	6:34	56	3:59	134	57:56
Finish	10.55	1:18:33	7:26	16	1:16:37	115	1:18:01	42.20	4:46:33	6:47	28	1:33:04	148	3:16:50