



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Rudolf, Bernhard

Club: Jena
Number: 50

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 4:48:11

Speed: 8.74 km/h
Running performance: 6:50 min/km

Rank in course/Total: 141 (of 305)

Rank in course/Men: 136 (of 279)

Best time in course: 3:13:29

Rank in category: 10(of 18)

Best time in the category: 3:42:16

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	1:06:04	6:15	17	20:14	183	23:04	10.55	1:06:04	6:15	7	9:11	152	14:25
2. Runde	10.55	1:11:20	6:45	15	18:23	176	25:02	21.10	2:17:24	6:30	7	18:57	151	38:38
3. Runde	10.55	1:12:20	6:51	9	17:01	115	23:22	31.65	3:29:44	6:37	11	7:52	139	59:40
Finish	10.55	1:18:27	7:26	9	1:17:55	114	1:17:55	42.20	4:48:11	6:49	13	3:18:28	153	3:18:28