



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Hagenah, Dierk

Club: Haltern Und Kaufmann Marathon Te
Number: 133

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:49:06

Speed: 8.72 km/h
Running performance: 6:51 min/km

Rank in course/Total: 143 (of 305)

Rank in course/Men: 138 (of 279)

Best time in course: 3:13:29

Rank in category: 26(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	1:02:36	5:56	26	13:41	139	19:36	10.55	1:02:36	5:56	60	4:01	154	10:57
2. Runde	10.55	1:04:25	6:06	20	17:18	101	18:07	21.10	2:07:01	6:01	60	0:38	153	28:15
3. Runde	10.55	1:11:05	6:44	17	19:47	100	22:07	31.65	3:18:06	6:15	57		141	48:02
Finish	10.55	1:31:00	8:37	40	1:29:04	217	1:30:28	42.20	4:49:06	6:51	29	1:35:37	155	3:19:23