



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total<br>km | Total<br>Time | Total<br>min/km | Total ranking |                |            |               |
|----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
|          |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men |             |               |                 | Pos<br>Cat.   | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |