



7. Unter-Tage Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Melms, Siegfried

Club: TV Ebersteinburg  
 Number: 231

Course: 42.20 km  
 Marathon

Category:  
 Männer M55

Total time: 4:49:45

Speed: 8.74 km/h  
 Running performance: 6:52 min/km

Rank in course/Total: 144 (of 305)

Rank in course/Men: 139 (of 279)

Best time in course: 3:13:29

Rank in category: 8(of 27)

Best time in the category: 3:14:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	1:01:14	5:48	6	18:14	113	18:14	10.55	1:01:14	5:48	18		155	9:35
2. Runde	10.55	1:08:22	6:28	5	21:34	138	22:04	21.10	2:09:36	6:08	18		154	30:50
3. Runde	10.55	1:16:20	7:14	11	26:13	152	27:22	31.65	3:25:56	6:30	18		142	55:52
Finish	10.55	1:23:49	7:56	13	28:51	162	1:23:17	42.20	4:49:45	6:51	11	1:34:52	156	3:20:02