



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

Detailed evaluation

Beintner, Michael

Club: Spirit of Malta
Number: 31

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:49:55

Speed: 8.69 km/h
Running performance: 6:52 min/km

Rank in course/Total: 145 (of 305)

Rank in course/Men: 140 (of 279)

Best time in course: 3:13:29

Rank in category: 27(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:05:51	6:14	33	16:56	177	22:51	10.55	1:05:51	6:14	61	7:16	156	14:12
2. Runde	10.55	1:10:06	6:38	35	22:59	159	23:48	21.10	2:15:57	6:26	61	9:34	155	37:11
3. Runde	10.55	1:20:41	7:38	37	29:23	189	31:43	31.65	3:36:38	6:50	58	12:37	143	1:06:34
Finish	10.55	1:13:17	6:56	10	1:11:21	81	1:12:45	42.20	4:49:55	6:52	30	1:36:26	157	3:20:12