



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

Detailed evaluation

Steinbrecher, Diethard

Club: 100 MC  
 Number: 365

Course: 42.20 km  
 Marathon

Category:  
 Männer M55

Total time: 4:51:05

Speed: 8.66 km/h  
 Running performance: 6:54 min/km

Rank in course/Total: 147 (of 305)

Rank in course/Men: 142 (of 279)

Best time in course: 3:13:29

Rank in category: 9(of 27)

Best time in the category: 3:14:53

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	1:07:27	6:23	17	24:27	202	24:27	10.55	1:07:27	6:23	17	1:14	158	15:48
2. Runde	10.55	1:11:05	6:44	9	24:17	171	24:47	21.10	2:18:32	6:33	17		157	39:46
3. Runde	10.55	1:14:22	7:02	8	24:15	137	25:24	31.65	3:32:54	6:43	17		145	1:02:50
Finish	10.55	1:18:11	7:24	8	23:13	113	1:17:39	42.20	4:51:05	6:53	12	1:36:12	159	3:21:22