



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

Detailed evaluation

Lübke, Bernd

Club: LG BRONX BERLIN
 Number: 220

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:51:38

Speed: 8.64 km/h
 Running performance: 6:55 min/km

Rank in course/Total: 153 (of 305)

Rank in course/Men: 148 (of 279)

Best time in course: 3:13:29

Rank in category: 28(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	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	57:19	5:25	11	8:24	73	14:19	10.55	57:19	5:25	17		164	5:40
2. Runde	10.55	1:06:06	6:15	21	18:59	113	19:48	21.10	2:03:25	5:50	17		163	24:39
3. Runde	10.55	1:19:18	7:30	34	28:00	177	30:20	31.65	3:22:43	6:24	59		151	52:39
Finish	10.55	1:28:55	8:25	35	1:26:59	204	1:28:23	42.20	4:51:38	6:54	31	1:38:09	165	3:21:55