



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Selch, Werner

Club: 100 MarathonClub
Number: 350

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 4:53:10

Speed: 8.64 km/h
Running performance: 6:57 min/km

Rank in course/Total: 157 (of 305)

Rank in course/Men: 152 (of 279)

Best time in course: 3:13:29

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:06:13	6:16	12	23:13	187	23:13	10.55	1:06:13	6:16	1	-	168	14:34
2. Runde	10.55	1:08:52	6:31	7	22:04	142	22:34	21.10	2:15:05	6:24	15		167	36:19
3. Runde	10.55	1:14:36	7:04	9	24:29	140	25:38	31.65	3:29:41	6:37	15		155	59:37
Finish	10.55	1:23:29	7:54	12	28:31	159	1:22:57	42.20	4:53:10	6:56	14	1:38:17	169	3:23:27