



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

Detailed evaluation

Lüder, Steffen

Club: LC Ron-Hill Berlin
Number: 222

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:53:27

Speed: 8.59 km/h
Running performance: 6:57 min/km

Rank in course/Total: 159 (of 305)

Rank in course/Men: 154 (of 279)

Best time in course: 3:13:29

Rank in category: 44(of 71)

Best time in the category: 3:26:46

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	1:05:50	6:14	50	21:37	176	22:50	10.55	1:05:50	6:14	7		170	14:11
2. Runde	10.55	1:17:16	7:19	65	27:05	233	30:58	21.10	2:23:06	6:46	7	6:50	169	44:20
3. Runde	10.55	1:16:53	7:17	46	23:38	161	27:55	31.65	3:39:59	6:57	8	7:11	157	1:09:55
Finish	10.55	1:13:28	6:57	25	1:12:48	82	1:12:56	42.20	4:53:27	6:57	48	1:38:20	171	3:23:44