



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Federolf, Jürgen**

Club: sc-marktbreit  
Number: 96

Course: 42.20 km  
Marathon

Category:  
Männer M45

Total time: 4:55:18

Speed: 8.57 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 162 (of 305)

Rank in course/Men: 157 (of 279)

Best time in course: 3:13:29

Rank in category: 29(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:06:06	6:15	35	17:11	184	23:06	10.55	1:06:06	6:15	2	7:31	173	14:27
2. Runde	10.55	1:09:35	6:35	30	22:28	151	23:17	21.10	2:15:41	6:25	2	9:18	172	36:55
3. Runde	10.55	1:16:26	7:14	28	25:08	155	27:28	31.65	3:32:07	6:42	16	8:06	160	1:02:03
Finish	10.55	1:23:11	7:53	28	1:21:15	157	1:22:39	42.20	4:55:18	6:59	32	1:41:49	174	3:25:35