



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Telling, Juhan

Club: LG Hermes
Number: 377

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:55:29

Speed: 8.53 km/h
Running performance: 7:00 min/km

Rank in course/Total: 163 (of 305)

Rank in course/Men: 158 (of 279)

Best time in course: 3:13:29

Rank in category: 45(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	58:34	5:33	24	14:21	94	15:34	10.55	58:34	5:33	6		38	6:55
2. Runde	10.55	1:11:58	6:49	51	21:47	179	25:40	21.10	2:10:32	6:11	6		173	31:46
3. Runde	10.55	1:18:49	7:28	50	25:34	173	29:51	31.65	3:29:21	6:36	7		161	59:17
Finish	10.55	1:26:08	8:09	54	1:25:28	186	1:25:36	42.20	4:55:29	7:00	49	1:40:22	175	3:25:46