



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

Detailed evaluation

Ehrenberger, Dieter

Club: Lt Hemsbach/buschläufer
 Number: 87

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:55:31

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

Rank in course/Total: 164 (of 305)

Rank in course/Men: 159 (of 279)

Best time in course: 3:13:29

Rank in category: 30(of 61)

Best time in the category: 3:13:29

Control	Intermediate times			Stage score				Total ranking						
	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	1:02:32	5:55	25	13:37	137	19:32	10.55	1:02:32	5:55	3	3:57	175	10:53
2. Runde	10.55	1:09:34	6:35	29	22:27	150	23:16	21.10	2:12:06	6:15	3	5:43	174	33:20
3. Runde	10.55	1:21:23	7:42	39	30:05	192	32:25	31.65	3:33:29	6:44	2	9:28	162	1:03:25
Finish	10.55	1:22:02	7:46	24	1:20:06	146	1:21:30	42.20	4:55:31	7:00	33	1:42:02	176	3:25:48