



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

Detailed evaluation

Wichmann, Michael

Club: SGW 05 Berlin  
 Number: 416

Course: 42.20 km  
 Marathon

Category:  
 Männer M40

Total time: 4:57:37

Speed: 8.47 km/h  
 Running performance: 7:03 min/km

Rank in course/Total: 168 (of 305)

Rank in course/Men: 163 (of 279)

Best time in course: 3:13:29

Rank in category: 46(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:04:18	6:05	42	20:05	152	21:18	10.55	1:04:18	6:05	5		179	12:39
2. Runde	10.55	1:11:05	6:44	49	20:54	171	24:47	21.10	2:15:23	6:24	5		178	36:37
3. Runde	10.55	1:18:32	7:26	48	25:17	171	29:34	31.65	3:33:55	6:45	6	1:07	166	1:03:51
Finish	10.55	1:23:42	7:56	50	1:23:02	161	1:23:10	42.20	4:57:37	7:03	50	1:42:30	180	3:27:54