



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Buchta, Ralf**

Club: TV Stammbach  
Number: 61

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 4:58:13

Speed: 8.45 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 170 (of 305)

Rank in course/Men: 164 (of 279)

Best time in course: 3:13:29

Rank in category: 47(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	1:08:36	6:30	63	24:23	228	25:36	10.55	1:08:36	6:30	4	0:07	180	16:57
2. Runde	10.55	1:09:52	6:37	45	19:41	156	23:34	21.10	2:18:28	6:33	4	2:12	179	39:42
3. Runde	10.55	1:13:17	6:56	38	20:02	127	24:19	31.65	3:31:45	6:41	5		167	1:01:41
Finish	10.55	1:26:28	8:11	55	1:25:48	190	1:25:56	42.20	4:58:13	7:04	51	1:43:06	181	3:28:30