



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Lichtsinn, Rainer

Club: FlaRakGrp 24
Number: 214

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:58:44

Speed: 8.44 km/h
Running performance: 7:05 min/km

Rank in course/Total: 171 (of 305)

Rank in course/Men: 165 (of 279)

Best time in course: 3:13:29

Rank in category: 27(of 36)

Best time in the category: 3:17:20

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	1:07:13	6:22	30	23:45	201	24:13	10.55	1:07:13	6:22	9	1:44	181	15:34
2. Runde	10.55	1:12:10	6:50	29	25:52	181	25:52	21.10	2:19:23	6:36	9	1:20	180	40:37
3. Runde	10.55	1:17:49	7:22	27	28:51	167	28:51	31.65	3:37:12	6:51	9	2:49	168	1:07:08
Finish	10.55	1:21:32	7:43	21	28:40	140	1:21:00	42.20	4:58:44	7:04	27	1:41:24	182	3:29:01