



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Staack, Andreas

Club: Henstedt-Ulzburg
Number: 362

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 4:59:39

Speed: 8.45 km/h
Running performance: 7:06 min/km

Rank in course/Total: 177 (of 305)

Rank in course/Men: 170 (of 279)

Best time in course: 3:13:29

Rank in category: 21(of 30)

Best time in the category: 3:35:15

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	1:08:11	6:27	25	19:24	216	25:11	10.55	1:08:11	6:27	10	6:01	186	16:32
2. Runde	10.55	1:13:13	6:56	21	20:53	192	26:55	21.10	2:21:24	6:42	10	11:29	185	42:38
3. Runde	10.55	1:16:28	7:14	20	21:39	157	27:30	31.65	3:37:52	6:53	10	12:10	173	1:07:48
Finish	10.55	1:21:47	7:45	22	25:14	144	1:21:15	42.20	4:59:39	7:06	22	1:44:22	187	3:29:56