



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Nikisch, Frank

Club: LC Auensee Leipzig
Number: 255

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 5:04:19

Speed: 8.28 km/h
Running performance: 7:13 min/km

Rank in course/Total: 190 (of 305)

Rank in course/Men: 180 (of 279)

Best time in course: 3:13:29

Rank in category: 13(of 27)

Best time in the category: 3:14:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	1:06:18	6:17	13	23:18	188	23:18	10.55	1:06:18	6:17	13	0:05	196	14:39
2. Runde	10.55	1:14:48	7:05	15	28:00	208	28:30	21.10	2:21:06	6:41	13	2:04	195	42:20
3. Runde	10.55	1:20:36	7:38	12	30:29	188	31:38	31.65	3:41:42	7:00	1	-	183	1:11:38
Finish	10.55	1:22:37	7:49	11	27:39	153	1:22:05	42.20	5:04:19	7:12	16	1:49:26	197	3:34:36