



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

Detailed evaluation

König, Uwe

Club: TVG Kaiserau  
 Number: 209

Course: 42.20 km  
 Marathon

Category:  
 Männer M45

Total time: 5:06:27

Speed: 8.22 km/h  
 Running performance: 7:16 min/km

Rank in course/Total: 198 (of 305)

Rank in course/Men: 187 (of 279)

Best time in course: 3:13:29

Rank in category: 32(of 61)

Best time in the category: 3:13:29

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	1:05:32	6:12	32	16:37	170	22:32	10.55	1:05:32	6:12	5	6:57	203	13:53
2. Runde	10.55	1:11:05	6:44	36	23:58	171	24:47	21.10	2:16:37	6:28	5	10:14	202	37:51
3. Runde	10.55	1:20:25	7:37	36	29:07	186	31:27	31.65	3:37:02	6:51	4	13:01	190	1:06:58
Finish	10.55	1:29:25	8:28	37	1:27:29	208	1:28:53	42.20	5:06:27	7:15	35	1:52:58	204	3:36:44