



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Schiwon, Uwe

Club: IfL - Hof
Number: 315

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:09:06

Speed: 8.19 km/h
Running performance: 7:20 min/km

Rank in course/Total: 203 (of 305)

Rank in course/Men: 191 (of 279)

Best time in course: 3:13:29

Rank in category: 34(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	1:10:07	6:38	50	21:12	240	27:07	10.55	1:10:07	6:38	7	11:32	207	18:28
2. Runde	10.55	1:09:46	6:36	32	22:39	154	23:28	21.10	2:19:53	6:37	7	13:30	206	41:07
3. Runde	10.55	1:15:05	7:07	26	23:47	146	26:07	31.65	3:34:58	6:47	6	10:57	194	1:04:54
Finish	10.55	1:34:08	8:55	47	1:32:12	235	1:33:36	42.20	5:09:06	7:19	37	1:55:37	208	3:39:23