



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Püschel, Ralf**

Club: Heseper Rennschnecken  
Number: 285

Course: 42.20 km  
Marathon

Category:  
Männer M45

Total time: 5:09:23

Speed: 8.15 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 205 (of 305)

Rank in course/Men: 193 (of 279)

Best time in course: 3:13:29

Rank in category: 36(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.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:07:12	6:22	40	18:17	200	24:12	10.55	1:07:12	6:22	9	8:37	209	15:33
2. Runde	10.55	1:16:06	7:12	44	28:59	221	29:48	21.10	2:23:18	6:47	9	16:55	208	44:32
3. Runde	10.55	1:19:50	7:34	35	28:32	182	30:52	31.65	3:43:08	7:03	8	19:07	196	1:13:04
Finish	10.55	1:26:15	8:10	33	1:24:19	189	1:25:43	42.20	5:09:23	7:19	39	1:55:54	210	3:39:40