



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

Detailed evaluation

Hilker, Carsten

Club: DLRG Augustdorf
 Number: 153

Course: 42.20 km
 Marathon

Category:
 Männer M35

Total time: 5:15:51

Speed: 7.98 km/h
 Running performance: 7:29 min/km

Rank in course/Total: 216 (of 305)

Rank in course/Men: 202 (of 279)

Best time in course: 3:13:29

Rank in category: 32(of 36)

Best time in the category: 3:17:20

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	1:12:11	6:50	36	28:43	259	29:11	10.55	1:12:11	6:50	14	6:42	218	20:32
2. Runde	10.55	1:14:36	7:04	33	28:18	204	28:18	21.10	2:26:47	6:57	14	8:44	217	48:01
3. Runde	10.55	1:23:39	7:55	31	34:41	210	34:41	31.65	3:50:26	7:16	14	16:03	205	1:20:22
Finish	10.55	1:25:25	8:05	28	32:33	182	1:24:53	42.20	5:15:51	7:29	32	1:58:31	219	3:46:08