



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Holdschlag, Bernd

Club: Velen
Number: 160

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:18:28

Speed: 7.91 km/h
Running performance: 7:33 min/km

Rank in course/Total: 230 (of 305)

Rank in course/Men: 214 (of 279)

Best time in course: 3:13:29

Rank in category: 43(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	1:07:59	6:26	42	19:04	206	24:59	10.55	1:07:59	6:26	16	9:24	212	16:20
2. Runde	10.55	1:14:46	7:05	42	27:39	206	28:28	21.10	2:22:45	6:45	16	16:22	229	43:59
3. Runde	10.55	1:35:47	9:04	56	44:29	256	46:49	31.65	3:58:32	7:32	15	34:31	217	1:28:28
Finish	10.55	1:19:56	7:34	21	1:18:00	127	1:19:24	42.20	5:18:28	7:32	46	2:04:59	231	3:48:45