



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

Detailed evaluation

Ehmke, Thomas

Club: Team Bladerunner Hildesheim
 Number: 86

Course: 42.20 km
 Marathon

Category:
 Männer M30

Total time: 5:18:50

Speed: 7.90 km/h
 Running performance: 7:34 min/km

Rank in course/Total: 232 (of 305)

Rank in course/Men: 215 (of 279)

Best time in course: 3:13:29

Rank in category: 22(of 29)

Best time in the category: 3:37:02

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 | 1:04:42 | 6:07 | 20 | 18:15 | 158 | 21:42 | 10.55 | 1:04:42 | 6:07 | 7 | 4:24 | 231 | 13:03 |
| 2. Runde | 10.55 | 1:13:16 | 6:56 | 20 | 22:00 | 194 | 26:58 | 21.10 | 2:17:58 | 6:32 | 7 | 12:20 | 182 | 39:12 |
| 3. Runde | 10.55 | 1:27:09 | 8:15 | 23 | 32:31 | 232 | 38:11 | 31.65 | 3:45:07 | 7:06 | 7 | 31:32 | 204 | 1:15:03 |
| Finish | 10.55 | 1:33:43 | 8:52 | 26 | 36:59 | 232 | 1:33:11 | 42.20 | 5:18:50 | 7:33 | 24 | 1:41:48 | 232 | 3:49:07 |