



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind 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		