



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

Detailed evaluation

Wachsmann, Rainer

Club: Marathon Steinfurt  
 Number: 404

Course: 42.20 km  
 Marathon

Category:  
 Männer M40

Total time: 5:19:39

Speed: 7.92 km/h  
 Running performance: 7:35 min/km

Rank in course/Total: 236 (of 305)

Rank in course/Men: 218 (of 279)

Best time in course: 3:13:29

Rank in category: 61(of 71)

Best time in the category: 3:26:46

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	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	1:08:15	6:28	58	24:02	218	25:15	10.55	1:08:15	6:28	3		185	16:36
2. Runde	10.55	1:09:45	6:36	44	19:34	153	23:27	21.10	2:18:00	6:32	26	1:44	233	39:14
3. Runde	10.55	1:20:00	7:34	55	26:45	184	31:02	31.65	3:38:00	6:53	25	5:12	221	1:07:56
Finish	10.55	1:41:39	9:38	68	1:40:59	261	1:41:07	42.20	5:19:39	7:34	65	2:04:32	235	3:49:56