



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

Detailed evaluation

Steinebach, André

Club: Tri-Geckos Dortmund  
 Number: 366

Course: 42.20 km  
 Marathon

Category:  
 Männer M35

Total time: 5:23:05

Speed: 7.80 km/h  
 Running performance: 7:40 min/km

Rank in course/Total: 240 (of 305)

Rank in course/Men: 222 (of 279)

Best time in course: 3:13:29

Rank in category: 33(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	1:11:39	6:47	35	28:11	256	28:39	10.55	1:11:39	6:47	15	6:10	238	20:00
2. Runde	10.55	1:16:50	7:16	35	30:32	228	30:32	21.10	2:28:29	7:02	15	10:26	237	49:43
3. Runde	10.55	1:22:21	7:48	30	33:23	199	33:23	31.65	3:50:50	7:17	15	16:27	225	1:20:46
Finish	10.55	1:32:15	8:44	32	39:23	225	1:31:43	42.20	5:23:05	7:39	33	2:05:45	238	3:53:22