



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

Detailed evaluation

Lukomski, Tomasz

Club: KB Maniac Poznan
 Number: 219

Course: 42.20 km
 Marathon

Category:
 Männer M40

Total time: 5:24:02

Speed: 7.78 km/h
 Running performance: 7:41 min/km

Rank in course/Total: 242 (of 305)

Rank in course/Men: 224 (of 279)

Best time in course: 3:13:29

Rank in category: 63(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	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:02:16	5:54	33	18:03	131	19:16	10.55	1:02:16	5:54	24		240	10:37
2. Runde	10.55	1:15:07	7:07	59	24:56	213	28:49	21.10	2:17:23	6:30	24	1:07	88	38:37
3. Runde	10.55	1:28:36	8:23	66	35:21	240	39:38	31.65	3:45:59	7:08	23	13:11	227	1:15:55
Finish	10.55	1:38:03	9:17	67	1:37:23	254	1:37:31	42.20	5:24:02	7:40	67	2:08:55	241	3:54:19