



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Simonsen, Lars

Club: Klub 100 Marathon DK
Number: 356

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:24:42

Speed: 7.76 km/h
Running performance: 7:42 min/km

Rank in course/Total: 245 (of 305)

Rank in course/Men: 227 (of 279)

Best time in course: 3:13:29

Rank in category: 44(of 61)

Best time in the category: 3:13:29

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	58:35	5:33	14	9:40	96	15:35	10.55	58:35	5:33	1	-	243	6:56
2. Runde	10.55	1:07:48	6:25	22	20:41	127	21:30	21.10	2:06:23	5:59	1	-	242	27:37
3. Runde	10.55	1:17:38	7:21	30	26:20	165	28:40	31.65	3:24:01	6:26	1	-	230	53:57
Finish	10.55	2:00:41	11:26	61	1:58:45	278	2:00:09	42.20	5:24:42	7:41	47	2:11:13	244	3:54:59