



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Braun, Helmut

Club: 100 Marthon Club grüne Handsch
Number: 57

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 5:29:34

Speed: 7.65 km/h
Running performance: 7:49 min/km

Rank in course/Total: 256 (of 305)

Rank in course/Men: 237 (of 279)

Best time in course: 3:13:29

Rank in category: 19(of 27)

Best time in the category: 3:14:53

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	1:11:18	6:45	23	28:18	254	28:18	10.55	1:11:18	6:45	7	5:05	253	19:39
2. Runde	10.55	1:18:28	7:26	20	31:40	246	32:10	21.10	2:29:46	7:05	7	10:44	252	51:00
3. Runde	10.55	1:25:02	8:03	17	34:55	223	36:04	31.65	3:54:48	7:25	7	13:06	240	1:24:44
Finish	10.55	1:34:46	8:58	21	39:48	238	1:34:14	42.20	5:29:34	7:48	22	2:14:41	254	3:59:51