



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Debus, Bernd

Club: LG Dill
Number: 75

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:30:35

Speed: 7.62 km/h
Running performance: 7:50 min/km

Rank in course/Total: 257 (of 305)

Rank in course/Men: 238 (of 279)

Best time in course: 3:13:29

Rank in category: 50(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.	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	1:11:14	6:45	52	22:19	251	28:14	10.55	1:11:14	6:45	23	12:39	254	19:35
2. Runde	10.55	1:16:46	7:16	46	29:39	227	30:28	21.10	2:28:00	7:00	23	21:37	253	49:14
3. Runde	10.55	1:28:05	8:20	48	36:47	238	39:07	31.65	3:56:05	7:27	22	32:04	241	1:26:01
Finish	10.55	1:34:30	8:57	49	1:32:34	237	1:33:58	42.20	5:30:35	7:50	53	2:17:06	255	4:00:52