



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

Detailed evaluation

Nolting, Jörg

Club: Detmold  
 Number: 256

Course: 42.20 km  
 Marathon

Category:  
 Männer M45

Total time: 5:35:02

Speed: 7.52 km/h  
 Running performance: 7:56 min/km

Rank in course/Total: 260 (of 305)

Rank in course/Men: 241 (of 279)

Best time in course: 3:13:29

Rank in category: 51(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
1. Runde	10.55	58:59	5:35	18	10:04	102	15:59	10.55	58:59	5:35	24	0:24	257	7:20
2. Runde	10.55	1:08:13	6:27	25	21:06	135	21:55	21.10	2:07:12	6:01	24	0:49	256	28:26
3. Runde	10.55	1:39:23	9:25	57	48:05	259	50:25	31.65	3:46:35	7:09	23	22:34	244	1:16:31
Finish	10.55	1:48:27	10:16	59	1:46:31	275	1:47:55	42.20	5:35:02	7:56	54	2:21:33	258	4:05:19