



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Ulmschneider, Klaus-Peter

Club: 100 Marathon Club
Number: 390

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:36:24

Speed: 7.49 km/h
Running performance: 7:58 min/km

Rank in course/Total: 263 (of 305)

Rank in course/Men: 243 (of 279)

Best time in course: 3:13:29

Rank in category: 52(of 61)

Best time in the category: 3:13:29

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	1:06:11	6:16	36	17:16	186	23:11	10.55	1:06:11	6:16	25	7:36	259	14:32
2. Runde	10.55	1:16:34	7:15	45	29:27	224	30:16	21.10	2:22:45	6:45	16	16:22	229	43:59
3. Runde	10.55	1:31:11	8:38	53	39:53	251	42:13	31.65	3:53:56	7:23	24	29:55	246	1:23:52
Finish	10.55	1:42:28	9:42	56	1:40:32	264	1:41:56	42.20	5:36:24	7:58	55	2:22:55	260	4:06:41