



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Zissler, Detlef

Club: Schnecke & Co. Lindheim
Number: 432

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 5:41:06

Speed: 7.42 km/h
Running performance: 8:05 min/km

Rank in course/Total: 269 (of 305)

Rank in course/Men: 249 (of 279)

Best time in course: 3:13:29

Rank in category: 20(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	1:10:54	6:43	22	27:54	249	27:54	10.55	1:10:54	6:43	6	4:41	265	19:15
2. Runde	10.55	1:16:26	7:14	16	29:38	223	30:08	21.10	2:27:20	6:58	6	8:18	264	48:34
3. Runde	10.55	1:26:17	8:10	18	36:10	227	37:19	31.65	3:53:37	7:22	6	11:55	252	1:23:33
Finish	10.55	1:47:29	10:11	25	52:31	272	1:46:57	42.20	5:41:06	8:04	23	2:26:13	266	4:11:23