



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

Detailed evaluation

Peñalba, Rafael

Club: Team Bittel
 Number: 270

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 5:46:52

Speed: 7.27 km/h
 Running performance: 8:13 min/km

Rank in course/Total: 275 (of 305)

Rank in course/Men: 255 (of 279)

Best time in course: 3:13:29

Rank in category: 56(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:11:49	6:48	54	22:54	258	28:49	10.55	1:11:49	6:48	29	13:14	271	20:10
2. Runde	10.55	1:25:37	8:06	59	38:30	272	39:19	21.10	2:37:26	7:27	29	31:03	270	58:40
3. Runde	10.55	1:34:24	8:56	54	43:06	254	45:26	31.65	4:11:50	7:57	28	47:49	258	1:41:46
Finish	10.55	1:35:02	9:00	50	1:33:06	240	1:34:30	42.20	5:46:52	8:13	59	2:33:23	272	4:17:09