



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Uphoff, Klaas

Club: LG RWE Power
Number: 391

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 2:51:01

Speed: 7.37 km/h
Running performance: 8:07 min/km

Rank in course/Total: 50 (of 63)

Rank in course/Men: 39 (of 49)

Best time in course: 1:47:01

Rank in category: 8(of 10)

Best time in the category: 2:02:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	1:16:39	7:15	8	17:44	36	27:46	10.55	1:16:39	7:15	8	15:55	1	-
Finish	10.55	1:34:22	8:56	8	32:10	40	39:30	21.10	2:51:01	8:06	8	48:05	39	1:04:00