



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

Detailed evaluation

Förster, Udo

Club: 100 Marathon Club
 Number: 110

Course: 21.10 km
 Halbmarathon

Category:
 Männer M40

Total time: 2:52:52

Speed: 7.29 km/h
 Running performance: 8:11 min/km

Rank in course/Total: 52 (of 63)

Rank in course/Men: 41 (of 49)

Best time in course: 1:47:01

Rank in category: 8(of 9)

Best time in the category: 1:53:23

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	1:21:47	7:45	9	28:19	44	32:54	10.55	1:21:47	7:45	8	28:19	16	5:08
Finish	10.55	1:31:05	8:38	8	31:10	38	36:13	21.10	2:52:52	8:11	8	59:29	41	1:05:51