



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

Detailed evaluation

Schiwek, Uwe

Club: www.diestolperndenschildkröten.d
 Number: 314

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 3:13:29

Speed: 13.02 km/h
 Running performance: 4:35 min/km

Rank in course/Total: 1 (of 305)

Rank in course/Men: 1 (of 279)

Best time in course: 3:13:29

Rank in category: 1(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| 1. Runde | 10.55 | 51:39 | 4:53 | 3 | 2:44 | 26 | 8:39 | 10.55 | 51:39 | 4:53 | 47 | | 1 | - |
| 2. Runde | 10.55 | 47:07 | 4:27 | 1 | - | 3 | 0:49 | 21.10 | 1:38:46 | 4:40 | 47 | | 1 | - |
| 3. Runde | 10.55 | 51:18 | 4:51 | 1 | - | 4 | 2:20 | 31.65 | 2:30:04 | 4:44 | 46 | | 1 | - |
| Finish | 10.55 | 43:25 | 4:06 | 2 | 41:29 | 4 | 42:53 | 42.20 | 3:13:29 | 4:35 | 1 | - | 2 | 1:43:46 |