



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

Zabel, Dirk

Club: SV Braunsbedra  
Number: 428

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 1:54:30

Speed: 11.00 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 4 (of 63)

Rank in course/Men: 4 (of 49)

Best time in course: 1:47:01

Rank in category: 1(of 11)

Best time in the category: 1:54:30

## 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 | 54:17   | 5:08   | 1    | -      | 5   | 5:24   | 10.55 | 54:17   | 5:08   | 1    | -      | 29  |        |
| Finish   | 10.55 | 1:00:13 | 5:42   | 1    | -      | 4   | 5:21   | 21.10 | 1:54:30 | 5:25   | 1    | -      | 4   | 7:29   |