



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 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	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	