



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Poch, Mike

Club: Guts Muths Quedlinburg
Number: 279

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:26:46

Speed: 12.19 km/h
Running performance: 4:54 min/km

Rank in course/Total: 5 (of 305)

Rank in course/Men: 5 (of 279)

Best time in course: 3:13:29

Rank in category: 1(of 71)

Best time in the category: 3:26:46

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	44:13	4:11	1	-	3	1:13	10.55	44:13	4:11	54		9	
2. Runde	10.55	50:11	4:45	1	-	5	3:53	21.10	1:34:24	4:28	54		9	
3. Runde	10.55	53:15	5:02	1	-	5	4:17	31.65	2:27:39	4:39	51		7	
Finish	10.55	59:07	5:36	5	58:27	17	58:35	42.20	3:26:46	4:53	2	11:39	10	1:57:03