



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Amborn, Ulrich

Club: LG Offenbach
Number: 10

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 3:35:15

Speed: 11.71 km/h
Running performance: 5:06 min/km

Rank in course/Total: 8 (of 305)

Rank in course/Men: 8 (of 279)

Best time in course: 3:13:29

Rank in category: 1(of 30)

Best time in the category: 3:35:15

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
1. Runde	10.55	49:57	4:44	3	1:10	15	6:57	10.55	49:57	4:44	30		13	
2. Runde	10.55	53:56	5:06	2	1:36	14	7:38	21.10	1:43:53	4:55	30		13	5:07
3. Runde	10.55	54:49	5:11	1	-	9	5:51	31.65	2:38:42	5:00	16		10	8:38
Finish	10.55	56:33	5:21	1	-	10	56:01	42.20	3:35:15	5:06	2	19:58	14	2:05:32