



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Thomas, Bernd

Club: MSV Eintracht Halberstadt
Number: 382

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 3:42:50

Speed: 11.31 km/h
Running performance: 5:17 min/km

Rank in course/Total: 14 (of 305)

Rank in course/Men: 14 (of 279)

Best time in course: 3:13:29

Rank in category: 2(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	48:55	4:38	1	-	12	5:55	10.55	48:55	4:38	34		21	
2. Runde	10.55	53:41	5:05	2	6:34	13	7:23	21.10	1:42:36	4:51	34		21	3:50
3. Runde	10.55	57:51	5:29	2	6:33	17	8:53	31.65	2:40:27	5:04	32		16	10:23
Finish	10.55	1:02:23	5:54	5	1:00:27	28	1:01:51	42.20	3:42:50	5:16	3	29:21	22	2:13:07