



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Kirkelund, Vagn

Club: Bilka / Dansk Supermarked/ DK
Number: 191

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:46:31

Speed: 11.18 km/h
Running performance: 5:22 min/km

Rank in course/Total: 15 (of 305)

Rank in course/Men: 15 (of 279)

Best time in course: 3:13:29

Rank in category: 5(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	51:33	4:53	8	7:20	25	8:33	10.55	51:33	4:53	49		22	
2. Runde	10.55	55:41	5:16	6	5:30	21	9:23	21.10	1:47:14	5:04	49		22	8:28
3. Runde	10.55	58:00	5:29	6	4:45	18	9:02	31.65	2:45:14	5:13	47		17	15:10
Finish	10.55	1:01:17	5:48	7	1:00:37	22	1:00:45	42.20	3:46:31	5:22	7	31:24	23	2:16:48