



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Meyer, Jörg

Club: VfL Börnsen
Number: 234

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 3:54:54

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 26 (of 305)

Rank in course/Men: 26 (of 279)

Best time in course: 3:13:29

Rank in category: 3(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	50:26	4:46	2	1:31	16	7:26	10.55	50:26	4:46	35		34	
2. Runde	10.55	55:44	5:16	3	8:37	23	9:26	21.10	1:46:10	5:01	35		34	7:24
3. Runde	10.55	59:01	5:35	3	7:43	22	10:03	31.65	2:45:11	5:13	33		28	15:07
Finish	10.55	1:09:43	6:36	8	1:07:47	62	1:09:11	42.20	3:54:54	5:33	4	41:25	35	2:25:11