



5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

Detailed evaluation

Gräfe, Silko

Club: BSBD Hohenleuben

Number: 799

Course: 11.10 km

Viertelmarathon

Category:

Männer M30

Total time: 1:08:58

Speed: 9.57 km/h

Running performance: 6:13 min/km

Rank in course/Total: 51 (of 78)

Rank in course/Men: 44 (of 52)

Best time in course: 43:13

Rank in category: 2(of 2)

Best time in the category: 52:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Weißer Stein	6.20	36:23	5:52	2	9:13	22	13:04	6.20	36:23	5:52	2	9:13	8	3:45
Ziel Lauf	4.90	32:35	6:38	2	7:22	21	12:28	11.10	1:08:58	6:12	2	16:35	44	25:45