



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Pommer, Mario

Club: Meddys LWT Koblenz
Number: 282

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 3:56:43

Speed: 10.70 km/h
Running performance: 5:37 min/km

Rank in course/Total: 28 (of 305)

Rank in course/Men: 28 (of 279)

Best time in course: 3:13:29

Rank in category: 7(of 36)

Best time in the category: 3:17:20

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	54:23	5:09	9	10:55	39	11:23	10.55	54:23	5:09	25		36	2:44
2. Runde	10.55	56:21	5:20	5	10:03	25	10:03	21.10	1:50:44	5:14	25		36	11:58
3. Runde	10.55	1:00:08	5:41	8	11:10	30	11:10	31.65	2:50:52	5:23	25		30	20:48
Finish	10.55	1:05:51	6:14	9	12:59	41	1:05:19	42.20	3:56:43	5:36	7	39:23	37	2:27:00