



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Mikkel, Kaas**

Club: Dansk Supermarked A/S  
Number: 236

Course: 42.20 km  
Marathon

Category:  
Männer M30

Total time: 4:00:33

Speed: 10.48 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 39 (of 305)

Rank in course/Men: 37 (of 279)

Best time in course: 3:13:29

Rank in category: 5(of 29)

Best time in the category: 3:37:02

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
1. Runde	10.55	51:22	4:52	3	4:55	22	8:22	10.55	51:22	4:52	16		15	
2. Runde	10.55	54:00	5:07	2	2:44	15	7:42	21.10	1:45:22	4:59	24		46	6:36
3. Runde	10.55	1:04:23	6:06	6	9:45	57	15:25	31.65	2:49:45	5:21	24		39	19:41
Finish	10.55	1:10:48	6:42	6	14:04	65	1:10:16	42.20	4:00:33	5:42	7	23:31	47	2:30:50