



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Döge, Alexander

Club: Osterode
Number: 83

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 4:26:07

Speed: 9.51 km/h
Running performance: 6:19 min/km

Rank in course/Total: 81 (of 305)

Rank in course/Men: 79 (of 279)

Best time in course: 3:13:29

Rank in category: 7(of 18)

Best time in the category: 3:42:16

| 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 | 56:53 | 5:23 | 8 | 11:03 | 65 | 13:53 | 10.55 | 56:53 | 5:23 | 1 | - | 92 | 5:14 |
| 2. Runde | 10.55 | 1:01:34 | 5:50 | 8 | 8:37 | 68 | 15:16 | 21.10 | 1:58:27 | 5:36 | 1 | - | 91 | 19:41 |
| 3. Runde | 10.55 | 1:11:44 | 6:47 | 8 | 16:25 | 109 | 22:46 | 31.65 | 3:10:11 | 6:00 | 8 | | 82 | 40:07 |
| Finish | 10.55 | 1:15:56 | 7:11 | 8 | 1:15:24 | 93 | 1:15:24 | 42.20 | 4:26:07 | 6:18 | 10 | 2:56:24 | 93 | 2:56:24 |