



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: 9.47 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