



7. Unter-Tage Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Gormsen, Mikkel

Club: Team Run Forrest Run
 Number: 122

Course: 42.20 km
 Marathon

Category:
 Männer M30

Total time: 4:26:45

Speed: 9.45 km/h
 Running performance: 6:19 min/km

Rank in course/Total: 83 (of 305)

Rank in course/Men: 81 (of 279)

Best time in course: 3:13:29

Rank in category: 12(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	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	52:41	4:59	5	6:14	29	9:41	10.55	52:41	4:59	17		95	1:02
2. Runde	10.55	57:16	5:25	6	6:00	31	10:58	21.10	1:49:57	5:12	17		94	11:11
3. Runde	10.55	1:11:32	6:46	13	16:54	106	22:34	31.65	3:01:29	5:44	17		84	31:25
Finish	10.55	1:25:16	8:04	15	28:32	180	1:24:44	42.20	4:26:45	6:19	14	49:43	96	2:57:02