



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

Detailed evaluation

Vostry, Miroslav

Club: Marathon Klub Žebrák/ CZ
Number: 401

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:27:48

Speed: 9.45 km/h
Running performance: 6:21 min/km

Rank in course/Total: 87 (of 305)

Rank in course/Men: 84 (of 279)

Best time in course: 3:13:29

Rank in category: 13(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 Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:00:18	5:42	15	13:51	108	17:18	10.55	1:00:18	5:42	1	-	98	8:39
2. Runde	10.55	1:05:20	6:11	14	14:04	106	19:02	21.10	2:05:38	5:57	1	-	97	26:52
3. Runde	10.55	1:10:40	6:41	12	16:02	94	21:42	31.65	3:16:18	6:12	16	2:43	87	46:14
Finish	10.55	1:11:30	6:46	7	14:46	69	1:10:58	42.20	4:27:48	6:20	15	50:46	99	2:58:05