



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Medar, Mati

Club: LG Hermes
Number: 229

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:28:52

Speed: 9.37 km/h
Running performance: 6:22 min/km

Rank in course/Total: 90 (of 305)

Rank in course/Men: 87 (of 279)

Best time in course: 3:13:29

Rank in category: 12(of 61)

Best time in the category: 3:13:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	57:31	5:27	12	8:36	79	14:31	10.55	57:31	5:27	46		101	5:52
2. Runde	10.55	1:03:59	6:03	19	16:52	99	17:41	21.10	2:01:30	5:45	46		100	22:44
3. Runde	10.55	1:11:12	6:44	18	19:54	102	22:14	31.65	3:12:42	6:05	43		90	42:38
Finish	10.55	1:16:10	7:13	12	1:14:14	94	1:15:38	42.20	4:28:52	6:22	15	1:15:23	102	2:59:09