



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

Detailed evaluation

Hertam, Olaf

Club: GMRLV
Number: 146

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:30:11

Speed: 9.33 km/h
Running performance: 6:24 min/km

Rank in course/Total: 92 (of 305)

Rank in course/Men: 89 (of 279)

Best time in course: 3:13:29

Rank in category: 13(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	58:48	5:34	15	9:53	98	15:48	10.55	58:48	5:34	32	0:13	103	7:09
2. Runde	10.55	1:00:24	5:43	8	13:17	55	14:06	21.10	1:59:12	5:38	32		102	20:26
3. Runde	10.55	1:08:38	6:30	11	17:20	84	19:40	31.65	3:07:50	5:56	44		92	37:46
Finish	10.55	1:22:21	7:48	26	1:20:25	149	1:21:49	42.20	4:30:11	6:24	16	1:16:42	104	3:00:28