



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Grond, Josef**

Club: Marathon Steinfurt  
Number: 127

Course: 42.20 km  
Marathon

Category:  
Männer M55

Total time: 4:35:41

Speed: 9.14 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 101 (of 305)

Rank in course/Men: 98 (of 279)

Best time in course: 3:13:29

Rank in category: 4(of 27)

Best time in the category: 3:14:53

### 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.	Total ranking		
						Pos Men	Behind Men					Pos Men	Behind Men	
1. Runde	10.55	58:24	5:32	4	15:24	93	15:24	10.55	58:24	5:32	23		113	6:45
2. Runde	10.55	1:13:25	6:57	12	26:37	196	27:07	21.10	2:11:49	6:14	23		112	33:03
3. Runde	10.55	1:11:41	6:47	5	21:34	108	22:43	31.65	3:23:30	6:25	22		101	53:26
Finish	10.55	1:12:11	6:50	5	17:13	75	1:11:39	42.20	4:35:41	6:31	6	1:20:48	114	3:05:58