



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Gnauert, Rene

Club: Berlin
Number: 117

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:48:07

Speed: 8.75 km/h
Running performance: 6:50 min/km

Rank in course/Total: 139 (of 305)

Rank in course/Men: 134 (of 279)

Best time in course: 3:13:29

Rank in category: 22(of 36)

Best time in the category: 3:17:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:03:09	5:59	25	19:41	146	20:09	10.55	1:03:09	5:59	4		150	11:30
2. Runde	10.55	1:10:32	6:41	26	24:14	164	24:14	21.10	2:13:41	6:20	4		149	34:55
3. Runde	10.55	1:13:06	6:55	20	24:08	124	24:08	31.65	3:26:47	6:32	4		137	56:43
Finish	10.55	1:21:20	7:42	20	28:28	139	1:20:48	42.20	4:48:07	6:49	22	1:30:47	151	3:18:24