



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

Detailed evaluation

Rieger, Frank

Club: Laufwerk Mosbach
 Number: 297

Course: 42.20 km
 Marathon

Category:
 Männer M35

Total time: 4:51:11

Speed: 8.65 km/h
 Running performance: 6:54 min/km

Rank in course/Total: 149 (of 305)

Rank in course/Men: 144 (of 279)

Best time in course: 3:13:29

Rank in category: 23(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.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	1:08:31	6:29	33	25:03	225	25:31	10.55	1:08:31	6:29	5	3:02	160	16:52
2. Runde	10.55	1:07:45	6:25	23	21:27	124	21:27	21.10	2:16:16	6:27	5		158	37:30
3. Runde	10.55	1:14:37	7:04	24	25:39	141	25:39	31.65	3:30:53	6:39	5		147	1:00:49
Finish	10.55	1:20:18	7:36	18	27:26	130	1:19:46	42.20	4:51:11	6:54	23	1:33:51	160	3:21:28