



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

Detailed evaluation

**Bergmann, Ralf**

Club: Laufwerk Mosbach  
 Number: 37

Course: 42.20 km  
 Marathon

Category:  
 Männer M40

Total time: 4:51:12

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

Rank in course/Total: 152 (of 305)

Rank in course/Men: 147 (of 279)

Best time in course: 3:13:29

Rank in category: 41(of 71)

Best time in the category: 3:26:46

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	1:08:29	6:29	62	24:16	224	25:29	10.55	1:08:29	6:29	1	-	163	16:50
2. Runde	10.55	1:07:47	6:25	38	17:36	126	21:29	21.10	2:16:16	6:27	1	-	158	37:30
3. Runde	10.55	1:15:43	7:10	42	22:28	148	26:45	31.65	3:31:59	6:41	11		150	1:01:55
Finish	10.55	1:19:13	7:30	37	1:18:33	121	1:18:41	42.20	4:51:12	6:54	44	1:36:05	162	3:21:29