



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

Detailed evaluation

Kotman, Gerhard

Club: Lauffreunde Emsland
 Number: 197

Course: 42.20 km
 Marathon

Category:
 Männer M50

Total time: 4:56:06

Speed: 8.51 km/h
 Running performance: 7:01 min/km

Rank in course/Total: 165 (of 305)

Rank in course/Men: 160 (of 279)

Best time in course: 3:13:29

Rank in category: 20(of 30)

Best time in the category: 3:35:15

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
1. Runde	10.55	1:01:31	5:49	11	12:44	120	18:31	10.55	1:01:31	5:49	11		176	9:52
2. Runde	10.55	1:15:26	7:09	25	23:06	217	29:08	21.10	2:16:57	6:29	11	7:02	175	38:11
3. Runde	10.55	1:21:31	7:43	24	26:42	195	32:33	31.65	3:38:28	6:54	11	12:46	163	1:08:24
Finish	10.55	1:17:38	7:21	18	21:05	110	1:17:06	42.20	4:56:06	7:00	21	1:40:49	177	3:26:23