



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

Detailed evaluation

Gnendiger, Stefan

Club: TG Melbach
 Number: 118

Course: 42.20 km
 Marathon

Category:
 Männer M30

Total time: 4:57:27

Speed: 8.47 km/h
 Running performance: 7:03 min/km

Rank in course/Total: 167 (of 305)

Rank in course/Men: 162 (of 279)

Best time in course: 3:13:29

Rank in category: 16(of 29)

Best time in the category: 3:37:02

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	1:01:59	5:52	17	15:32	127	18:59	10.55	1:01:59	5:52	13	1:41	178	10:20
2. Runde	10.55	1:08:07	6:27	16	16:51	131	21:49	21.10	2:10:06	6:09	13	4:28	177	31:20
3. Runde	10.55	1:20:32	7:38	17	25:54	187	31:34	31.65	3:30:38	6:39	13	17:03	165	1:00:34
Finish	10.55	1:26:49	8:13	20	30:05	191	1:26:17	42.20	4:57:27	7:02	18	1:20:25	179	3:27:44