



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

Detailed evaluation

Caba, John

Club: CaBa.de  
 Number: 66

Course: 42.20 km  
 Marathon

Category:  
 Männer M35

Total time: 4:58:53

Speed: 8.47 km/h  
 Running performance: 7:05 min/km

Rank in course/Total: 174 (of 305)

Rank in course/Men: 168 (of 279)

Best time in course: 3:13:29

Rank in category: 28(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:05:29	6:12	27	22:01	168	22:29	10.55	1:05:29	6:12	1	-	184	13:50
2. Runde	10.55	1:12:34	6:52	30	26:16	188	26:16	21.10	2:18:03	6:32	1	-	183	39:17
3. Runde	10.55	1:16:20	7:14	25	27:22	152	27:22	31.65	3:34:23	6:46	1	-	170	1:04:19
Finish	10.55	1:24:30	8:00	26	31:38	172	1:23:58	42.20	4:58:53	7:04	28	1:41:33	185	3:29:10