



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Grams, Markus

Club: Hagen
Number: 124

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:59:24

Speed: 8.46 km/h
Running performance: 7:06 min/km

Rank in course/Total: 176 (of 305)

Rank in course/Men: 169 (of 279)

Best time in course: 3:13:29

Rank in category: 48(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:08:15	6:28	58	24:02	218	25:15	10.55	1:08:15	6:28	3		185	16:36
2. Runde	10.55	1:15:39	7:10	61	25:28	219	29:21	21.10	2:23:54	6:49	3	7:38	184	45:08
3. Runde	10.55	1:23:44	7:56	63	30:29	211	34:46	31.65	3:47:38	7:11	4	14:50	172	1:17:34
Finish	10.55	1:11:46	6:48	22	1:11:06	73	1:11:14	42.20	4:59:24	7:05	52	1:44:17	186	3:29:41