



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

Detailed evaluation

Mannaberg, Frank

Club: Gröbenzell
 Number: 225

Course: 42.20 km
 Marathon

Category:
 Männer M50

Total time: 5:01:22

Speed: 8.40 km/h
 Running performance: 7:08 min/km

Rank in course/Total: 181 (of 305)

Rank in course/Men: 174 (of 279)

Best time in course: 3:13:29

Rank in category: 22(of 30)

Best time in the category: 3:35:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	1:01:58	5:52	13	13:11	126	18:58	10.55	1:01:58	5:52	9		190	10:19
2. Runde	10.55	1:09:08	6:33	16	16:48	146	22:50	21.10	2:11:06	6:12	9	1:11	189	32:20
3. Runde	10.55	1:19:32	7:32	22	24:43	178	30:34	31.65	3:30:38	6:39	9	4:56	165	1:00:34
Finish	10.55	1:30:44	8:36	27	34:11	214	1:30:12	42.20	5:01:22	7:08	23	1:46:05	191	3:31:39