



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Gahler, Gahler

Club: LG Dill
Number: 111

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:08:40

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 201 (of 305)

Rank in course/Men: 189 (of 279)

Best time in course: 3:13:29

Rank in category: 33(of 61)

Best time in the category: 3:13:29

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	Total ranking		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men				
1. Runde	10.55	1:09:45	6:36	49	20:50	238	26:45	10.55	1:09:45	6:36	6	11:10	205	18:06		
2. Runde	10.55	1:17:57	7:23	49	30:50	238	31:39	21.10	2:27:42	6:59	6	21:19	204	48:56		
3. Runde	10.55	1:18:52	7:28	33	27:34	174	29:54	31.65	3:46:34	7:09	5	22:33	192	1:16:30		
Finish	10.55	1:22:06	7:46	25	1:20:10	147	1:21:34	42.20	5:08:40	7:18	36	1:55:11	206	3:38:57		