



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Groschupp, Steffen**

Club: LG Hallerstein/Schwarzenbach S.  
Number: 128

Course: 42.20 km  
Marathon

Category:  
Männer M45

Total time: 5:09:06

Speed: 8.15 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 204 (of 305)

Rank in course/Men: 192 (of 279)

Best time in course: 3:13:29

Rank in category: 35(of 61)

Best time in the category: 3:13:29

Control	Intermediate times			Stage score				Total ranking						
	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	1:10:07	6:38	50	21:12	240	27:07	10.55	1:10:07	6:38	7	11:32	207	18:28
2. Runde	10.55	1:09:47	6:36	33	22:40	155	23:29	21.10	2:19:54	6:37	8	13:31	207	41:08
3. Runde	10.55	1:15:06	7:07	27	23:48	147	26:08	31.65	3:35:00	6:47	7	10:59	195	1:04:56
Finish	10.55	1:34:06	8:55	46	1:32:10	234	1:33:34	42.20	5:09:06	7:19	37	1:55:37	208	3:39:23