



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Josefs, Axel

Club: infralogistik ruhr
Number: 173

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:16:18

Speed: 8.01 km/h
Running performance: 7:30 min/km

Rank in course/Total: 220 (of 305)

Rank in course/Men: 205 (of 279)

Best time in course: 3:13:29

Rank in category: 40(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:13:13	6:56	55	24:18	262	30:13	10.55	1:13:13	6:56	13	14:38	221	21:34
2. Runde	10.55	1:17:26	7:20	47	30:19	234	31:08	21.10	2:30:39	7:08	13	24:16	220	51:53
3. Runde	10.55	1:23:11	7:53	41	31:53	206	34:13	31.65	3:53:50	7:23	12	29:49	208	1:23:46
Finish	10.55	1:22:28	7:49	27	1:20:32	151	1:21:56	42.20	5:16:18	7:29	43	2:02:49	222	3:46:35