



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

Detailed evaluation

Bering, Christopher

Club: Viborg / DK  
 Number: 38

Course: 42.20 km  
 Marathon

Category:  
 Männer M30

Total time: 5:20:31

Speed: 7.90 km/h  
 Running performance: 7:36 min/km

Rank in course/Total: 237 (of 305)

Rank in course/Men: 219 (of 279)

Best time in course: 3:13:29

Rank in category: 24(of 29)

Best time in the category: 3:37:02

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	57:41	5:28	12	11:14	83	14:41	10.55	57:41	5:28	5		235	6:02
2. Runde	10.55	1:12:29	6:52	19	21:13	185	26:11	21.10	2:10:10	6:10	5	4:32	234	31:24
3. Runde	10.55	1:27:59	8:20	25	33:21	237	39:01	31.65	3:38:09	6:53	5	24:34	222	1:08:05
Finish	10.55	1:42:22	9:42	29	45:38	263	1:41:50	42.20	5:20:31	7:35	26	1:43:29	236	3:50:48