



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

Detailed evaluation

Krogsrud, Christian

Club: LT Einfeld  
 Number: 200

Course: 42.20 km  
 Marathon

Category:  
 Männer M45

Total time: 5:27:43

Speed: 7.69 km/h  
 Running performance: 7:46 min/km

Rank in course/Total: 249 (of 305)

Rank in course/Men: 231 (of 279)

Best time in course: 3:13:29

Rank in category: 47(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
1. Runde	10.55	1:09:37	6:35	47	20:42	234	26:37	10.55	1:09:37	6:35	20	11:02	247	17:58
2. Runde	10.55	1:19:55	7:34	55	32:48	257	33:37	21.10	2:29:32	7:05	20	23:09	246	50:46
3. Runde	10.55	1:26:37	8:12	45	35:19	229	37:39	31.65	3:56:09	7:27	19	32:08	234	1:26:05
Finish	10.55	1:31:34	8:40	42	1:29:38	220	1:31:02	42.20	5:27:43	7:45	50	2:14:14	248	3:58:00