



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Gläser, Kay-Olaf**

Club: ESV Lok Schöneweide  
Number: 116

Course: 42.20 km  
Marathon

Category:  
Männer M45

Total time: 5:55:09

Speed: 7.10 km/h  
Running performance: 8:25 min/km

Rank in course/Total: 279 (of 305)

Rank in course/Men: 258 (of 279)

Best time in course: 3:13:29

Rank in category: 57(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	1:19:04	7:29	61	30:09	276	36:04	10.55	1:19:04	7:29	30	20:29	274	27:25
2. Runde	10.55	1:26:36	8:12	61	39:29	274	40:18	21.10	2:45:40	7:51	30	39:17	273	1:06:54
3. Runde	10.55	1:28:46	8:24	49	37:28	242	39:48	31.65	4:14:26	8:02	29	50:25	261	1:44:22
Finish	10.55	1:40:43	9:32	55	1:38:47	258	1:40:11	42.20	5:55:09	8:24	60	2:41:40	275	4:25:26