



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

Detailed evaluation

Gruß, Ralf

Club: Steuden
 Number: 129

Course: 21.10 km
 Halbmarathon

Category:
 Männer M45

Total time: 2:48:13

Speed: 7.49 km/h
 Running performance: 7:58 min/km

Rank in course/Total: 48 (of 63)

Rank in course/Men: 38 (of 49)

Best time in course: 1:47:01

Rank in category: 7(of 10)

Best time in the category: 2:02:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
1. Runde	10.55	1:16:36	7:15	7	17:41	35	27:43	10.55	1:16:36	7:15	7	15:52	13		
Finish	10.55	1:31:37	8:41	7	29:25	39	36:45	21.10	2:48:13	7:58	7	45:17	38	1:01:12	