



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Kalat, Josef

Club: AK Litvinov/ CZ
Number: 178

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 3:53:36

Speed: 10.79 km/h
Running performance: 5:32 min/km

Rank in course/Total: 24 (of 305)

Rank in course/Men: 24 (of 279)

Best time in course: 3:13:29

Rank in category: 3(of 30)

Best time in the category: 3:35:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	50:54	4:49	4	2:07	18	7:54	10.55	50:54	4:49	28		32	
2. Runde	10.55	55:31	5:15	3	3:11	19	9:13	21.10	1:46:25	5:02	28		32	7:39
3. Runde	10.55	59:04	5:35	3	4:15	25	10:06	31.65	2:45:29	5:13	28		26	15:25
Finish	10.55	1:08:07	6:27	7	11:34	54	1:07:35	42.20	3:53:36	5:32	4	38:19	33	2:23:53