



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

Detailed evaluation

Nentwich, Rolf

Club: Lübbecker Berglöwen  
 Number: 246

Course: 42.20 km  
 Marathon

Category:  
 Männer M40

Total time: 4:24:05

Speed: 9.54 km/h  
 Running performance: 6:16 min/km

Rank in course/Total: 75 (of 305)

Rank in course/Men: 73 (of 279)

Best time in course: 3:13:29

Rank in category: 21(of 71)

Best time in the category: 3:26:46

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	59:34	5:38	27	15:21	105	16:34	10.55	59:34	5:38	67		86	7:55
2. Runde	10.55	1:01:39	5:50	18	11:28	71	15:21	21.10	2:01:13	5:44	67		85	22:27
3. Runde	10.55	1:03:44	6:02	16	10:29	52	14:46	31.65	3:04:57	5:50	65		76	34:53
Finish	10.55	1:19:08	7:30	35	1:18:28	119	1:18:36	42.20	4:24:05	6:15	24	1:08:58	87	2:54:22