



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Caninenberg, Jens

Club: LG Weserbergland
Number: 67

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:32:54

Speed: 9.23 km/h
Running performance: 6:28 min/km

Rank in course/Total: 97 (of 305)

Rank in course/Men: 94 (of 279)

Best time in course: 3:13:29

Rank in category: 20(of 36)

Best time in the category: 3:17:20

Control	Intermediate times				Stage score				Total ranking					
	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	55:47	5:17	12	12:19	49	12:47	10.55	55:47	5:17	2		109	4:08
2. Runde	10.55	1:02:59	5:58	19	16:41	87	16:41	21.10	1:58:46	5:37	2		108	20:00
3. Runde	10.55	1:11:14	6:45	19	22:16	103	22:16	31.65	3:10:00	6:00	2		97	39:56
Finish	10.55	1:22:54	7:51	24	30:02	155	1:22:22	42.20	4:32:54	6:28	20	1:15:34	110	3:03:11