



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

Detailed evaluation

Jagemann, Heinz

Club: MRRC München
 Number: 168

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:43:04

Speed: 8.90 km/h
 Running performance: 6:43 min/km

Rank in course/Total: 123 (of 305)

Rank in course/Men: 119 (of 279)

Best time in course: 3:13:29

Rank in category: 19(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.	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	1:01:40	5:50	22	12:45	122	18:40	10.55	1:01:40	5:50	53	3:05	135	10:01
2. Runde	10.55	1:08:56	6:32	28	21:49	144	22:38	21.10	2:10:36	6:11	53	4:13	134	31:50
3. Runde	10.55	1:13:51	6:59	22	22:33	134	24:53	31.65	3:24:27	6:27	50	0:26	122	54:23
Finish	10.55	1:18:37	7:27	17	1:16:41	116	1:18:05	42.20	4:43:04	6:42	22	1:29:35	136	3:13:21