



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Jonscher, Guido

Club: CircuitCowboys
Number: 172

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 5:03:38

Speed: 8.30 km/h
Running performance: 7:12 min/km

Rank in course/Total: 189 (of 305)

Rank in course/Men: 179 (of 279)

Best time in course: 3:13:29

Rank in category: 17(of 29)

Best time in the category: 3:37:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
1. Runde	10.55	1:10:37	6:41	27	24:10	244	27:37	10.55	1:10:37	6:41	12	10:19	195	18:58
2. Runde	10.55	1:10:46	6:42	17	19:30	167	24:28	21.10	2:21:23	6:42	12	15:45	194	42:37
3. Runde	10.55	1:17:41	7:21	16	23:03	166	28:43	31.65	3:39:04	6:55	12	25:29	182	1:09:00
Finish	10.55	1:24:34	8:00	13	27:50	173	1:24:02	42.20	5:03:38	7:11	19	1:26:36	196	3:33:55