



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Gnewuch, Uwe

Club: BrennNessel
Number: 119

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 5:14:17

Speed: 8.02 km/h
Running performance: 7:27 min/km

Rank in course/Total: 211 (of 305)

Rank in course/Men: 198 (of 279)

Best time in course: 3:13:29

Rank in category: 19(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	59:44	5:39	14	13:17	106	16:44	10.55	59:44	5:39	10		214	8:05
2. Runde	10.55	1:15:26	7:09	22	24:10	217	29:08	21.10	2:15:10	6:24	10	9:32	213	36:24
3. Runde	10.55	1:32:04	8:43	26	37:26	252	43:06	31.65	3:47:14	7:10	10	33:39	201	1:17:10
Finish	10.55	1:27:03	8:15	21	30:19	192	1:26:31	42.20	5:14:17	7:26	21	1:37:15	215	3:44:34