



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

**Herzog, Jirka**

Club: laufen-aktuell.de  
Number: 149

Course: 42.20 km  
Marathon

Category:  
Männer M30

Total time: 5:18:51

Speed: 7.90 km/h  
Running performance: 7:34 min/km

Rank in course/Total: 233 (of 305)

Rank in course/Men: 216 (of 279)

Best time in course: 3:13:29

Rank in category: 23(of 29)

Best time in the category: 3:37:02

| 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              | 1:02:30    | 5:55         | 19       | 16:03       | 135     | 19:30      | 10.55    | 1:02:30       | 5:55         | 6        | 2:12        | 197     | 10:51      |
| 2. Runde | 10.55              | 1:14:59    | 7:06         | 21       | 23:43       | 210     | 28:41      | 21.10    | 2:17:29       | 6:30         | 6        | 11:51       | 231     | 38:43      |
| 3. Runde | 10.55              | 1:27:40    | 8:18         | 24       | 33:02       | 235     | 38:42      | 31.65    | 3:45:09       | 7:06         | 6        | 31:34       | 219     | 1:15:05    |
| Finish   | 10.55              | 1:33:42    | 8:52         | 25       | 36:58       | 231     | 1:33:10    | 42.20    | 5:18:51       | 7:33         | 25       | 1:41:49     | 233     | 3:49:08    |