



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: 7.94 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