



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

Detailed evaluation

Jensen, Ib

Club: Kolding Motion/ DK
 Number: 169

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 5:28:27

Speed: 7.67 km/h
 Running performance: 7:47 min/km

Rank in course/Total: 253 (of 305)

Rank in course/Men: 234 (of 279)

Best time in course: 3:13:29

Rank in category: 49(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	1:08:13	6:27	44	19:18	217	25:13	10.55	1:08:13	6:27	22	9:38	250	16:34
2. Runde	10.55	1:10:05	6:38	34	22:58	158	23:47	21.10	2:18:18	6:33	22	11:55	249	39:32
3. Runde	10.55	1:18:25	7:25	32	27:07	170	29:27	31.65	3:36:43	6:50	21	12:42	237	1:06:39
Finish	10.55	1:51:44	10:35	60	1:49:48	276	1:51:12	42.20	5:28:27	7:46	52	2:14:58	251	3:58:44