



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Steffan, Jörg

Club: S und S Erlebnissport
Number: 363

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 5:35:58

Speed: 7.54 km/h
Running performance: 7:58 min/km

Rank in course/Total: 262 (of 305)

Rank in course/Men: 242 (of 279)

Best time in course: 3:13:29

Rank in category: 66(of 71)

Best time in the category: 3:26:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
1. Runde	10.55	1:12:16	6:50	69	28:03	261	29:16	10.55	1:12:16	6:50	21	3:47	258	20:37				
2. Runde	10.55	1:17:12	7:19	64	27:01	231	30:54	21.10	2:29:28	7:05	21	13:12	257	50:42				
3. Runde	10.55	1:29:20	8:28	67	36:05	244	40:22	31.65	3:58:48	7:32	20	26:00	245	1:28:44				
Finish	10.55	1:37:10	9:12	65	1:36:30	250	1:36:38	42.20	5:35:58	7:57	70	2:20:51	259	4:06:15				