



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

Detailed evaluation

Gentzcke, Jan

Club: Reinbek
 Number: 114

Course: 42.20 km
 Marathon

Category:
 Männer M40

Total time: 5:58:36

Speed: 7.06 km/h
 Running performance: 8:30 min/km

Rank in course/Total: 286 (of 305)

Rank in course/Men: 262 (of 279)

Best time in course: 3:13:29

Rank in category: 67(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.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men				
1. Runde	10.55	1:08:05	6:27	56	23:52	212	25:05	10.55	1:08:05	6:27	20		139	16:26		
2. Runde	10.55	1:22:31	7:49	70	32:20	269	36:13	21.10	2:30:36	7:08	20	14:20	277	51:50		
3. Runde	10.55	1:41:24	9:36	68	48:09	263	52:26	31.65	4:12:00	7:57	19	39:12	255	1:41:56		
Finish	10.55	1:46:36	10:06	70	1:45:56	271	1:46:04	42.20	5:58:36	8:29	71	2:43:29	279	4:28:53		