



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Lasse Taagaard, Jensen

Club: Aalborg Triathlon Klub/ DK
Number: 211

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 3:37:02

Speed: 11.61 km/h
Running performance: 5:08 min/km

Rank in course/Total: 9 (of 305)

Rank in course/Men: 9 (of 279)

Best time in course: 3:13:29

Rank in category: 1(of 29)

Best time in the category: 3:37:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1. Runde	10.55	51:22	4:52	3	4:55	22	8:22	10.55	51:22	4:52	16	-	15	-
2. Runde	10.55	54:18	5:08	3	3:02	16	8:00	21.10	1:45:40	5:00	16	-	15	6:54
3. Runde	10.55	54:38	5:10	1	-	8	5:40	31.65	2:40:18	5:03	15	-	11	10:14
Finish	10.55	56:44	5:22	1	-	12	56:12	42.20	3:37:02	5:08	1	-	16	2:07:19