



6. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 13.09.2009

Detailed evaluation

Seitz, Armin

Club: Moll Marzipan GmbH

Number: 1054

Course: 32.40 km

3/4-Marathon

Category:

Männer M45

Total time: 3:49:27

Speed: 8.37 km/h

Running performance: 07:05 min/km

Rank in course/Total: 24 (of 31)

Rank in course/Men: 19 (of 25)

Best time in course: 2:27:36

Rank in category: 3(of 3)

Best time in the category: 2:54:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Durchlauf	21.10	2:30:34	7:08	3	39:43	24	56:50	21.10	2:30:34	7:08	3	39:43	7	56:50
Ziel Lauf	11.30	1:18:53	6:58	3	15:03	19	25:52	32.40	3:49:27	7:04	3	54:46	19	1:21:51