



6. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 13.09.2009

Detailed evaluation

Spengler, Michael

Club: Reudnitz

Number: 186

Course: 42.20 km

Marathon

Category:

Männer M55

Total time: 4:14:53

Speed: 9.89 km/h

Running performance: 06:02 min/km

Rank in course/Total: 12 (of 29)

Rank in course/Men: 11 (of 26)

Best time in course: 3:10:29

Rank in category: 1(of 2)

Best time in the category: 4:14:53

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	1:57:58	5:35	1	-	11	27:03	21.10	1:57:58	5:35	1	-	15	16:49
Ziel Lauf	21.10	2:16:55	6:29	1	-	13	37:21	42.20	4:14:53	6:02	1	-	11	1:04:24