



6. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 13.09.2009

Detailed evaluation

Tramborg, Kai

Club: Erfurt-Urbich

Number: 151

Course: 32.40 km

3/4-Marathon

Category:

Männer M40

Total time: 4:17:15

Speed: 7.46 km/h

Running performance: 07:56 min/km

Rank in course/Total: 27 (of 31)

Rank in course/Men: 22 (of 25)

Best time in course: 2:27:36

Rank in category: 9(of 11)

Best time in the category: 2:28:59

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	1:58:46	5:37	9	25:02	16	25:02	21.10	1:58:46	5:37	9	25:02	4	25:02
Ziel Lauf	11.30	2:18:29	12:15	11	1:23:30	24	1:25:28	32.40	4:17:15	7:56	9	1:48:16	22	1:49:39