



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Desteffani, Jörg

Club: Windisch/ CH
Number: 57

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 3:55:51

Speed: 10.68 km/h
Running performance: 5:35 min/km

Rank in course/Total: 31 (of 292)

Rank in course/Men: 31 (of 267)

Best time in course: 3:13:29

Rank in category: 3(of 57)

Best time in the category: 3:37:52

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
Lap 1	12.50	1:07:06	5:22	4	7:41	31	13:14	12.50	1:07:06	5:22	32		24	
Lap 2	10.55	58:49	5:34	6	3:49	39	11:03	23.05	2:05:55	5:27	31		30	
Lap 3	10.55	1:02:06	5:53	5	13:47	37	13:47	33.60	3:08:01	5:35	27		26	35:04
Last lap Finish	8.60	47:50	5:33	3	5:10	27	11:10	42.20	3:55:51	5:35	5	44:50	40	2:52:34