



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Aust, Frank

Club: Die Otternasen
Number: 8

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:58:58

Speed: 10.55 km/h
Running performance: 5:40 min/km

Rank in course/Total: 35 (of 292)

Rank in course/Men: 35 (of 267)

Best time in course: 3:13:29

Rank in category: 11(of 64)

Best time in the category: 3:25:37

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
Lap 1	12.50	1:08:53	5:30	10	14:11	49	15:01	12.50	1:08:53	5:30	44		30	0:38
Lap 2	10.55	59:49	5:40	13	10:13	49	12:03	23.05	2:08:42	5:35	42		36	
Lap 3	10.55	1:02:07	5:53	11	6:17	38	13:48	33.60	3:10:49	5:40	36		30	37:52
Last lap Finish	8.60	48:09	5:35	11	7:30	30	11:29	42.20	3:58:58	5:39	14	2:55:41	47	2:55:41