



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Kerschats, Michael

Club: LSG Vorarlberg
Number: 161

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:01:00

Speed: 10.46 km/h
Running performance: 5:43 min/km

Rank in course/Total: 40 (of 292)

Rank in course/Men: 40 (of 267)

Best time in course: 3:13:29

Rank in category: 5(of 57)

Best time in the category: 3:37:52

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	59:25	4:45	1	-	12	5:33	12.50	59:25	4:45	35		35	
Lap 2	10.55	57:48	5:28	4	2:48	31	10:02	23.05	1:57:13	5:05	34		40	
Lap 3	10.55	1:06:44	6:19	11	18:25	59	18:25	33.60	3:03:57	5:28	48		231	31:00
Last lap Finish	8.60	57:03	6:38	20	14:23	107	20:23	42.20	4:01:00	5:42	8	49:59	52	2:57:43