



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Weidenhaupt, Friedhelm

Club: Cool Runnings Brühl
 Number: 406

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:01:45

Speed: 10.42 km/h
 Running performance: 5:44 min/km

Rank in course/Total: 42 (of 292)

Rank in course/Men: 42 (of 267)

Best time in course: 3:13:29

Rank in category: 6(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	1:07:18	5:23	5	7:53	33	13:26	12.50	1:07:18	5:23	36		37	
Lap 2	10.55	57:12	5:25	3	2:12	25	9:26	23.05	2:04:30	5:24	35		23	
Lap 3	10.55	1:06:39	6:19	10	18:20	58	18:20	33.60	3:11:09	5:41	29		36	38:12
Last lap Finish	8.60	50:36	5:53	6	7:56	42	13:56	42.20	4:01:45	5:43	9	50:44	54	2:58:28