



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Gieraths, Hans-Peter

Club: LT SV Westum

Number: 97

Course: 42.20 km

Marathon

Category:

Männer M45

Total time: 4:03:56

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 46 (of 292)

Rank in course/Men: 45 (of 267)

Best time in course: 3:13:29

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:08:04	5:26	8	8:39	45	14:12	12.50	1:08:04	5:26	37		40	
Lap 2	10.55	59:52	5:40	8	4:52	50	12:06	23.05	2:07:56	5:33	36		45	
Lap 3	10.55	1:05:47	6:14	8	17:28	52	17:28	33.60	3:13:43	5:45	30		39	40:46
Last lap Finish	8.60	50:13	5:50	5	7:33	40	13:33	42.20	4:03:56	5:46	10	52:55	57	3:00:39