



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Brandt, Hans-Walter

Club: Hannover
Number: 43

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 4:08:03

Speed: 10.16 km/h
Running performance: 5:53 min/km

Rank in course/Total: 54 (of 292)

Rank in course/Men: 53 (of 267)

Best time in course: 3:13:29

Rank in category: 9(of 31)

Best time in the category: 3:32:55

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	1:12:05	5:46	16	15:15	83	18:13	12.50	1:12:05	5:46	6	0:16	48	3:50
Lap 2	10.55	57:37	5:27	6	6:08	28	9:51	23.05	2:09:42	5:37	22		53	
Lap 3	10.55	1:01:49	5:51	6	6:35	34	13:30	33.60	3:11:31	5:41	19		47	38:34
Last lap Finish	8.60	56:32	6:34	14	19:52	104	19:52	42.20	4:08:03	5:52	11	40:42	65	3:04:46