



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

Detailed evaluation

Nöschel, Jörg

Club: MLG Lehrte  
 Number: 240

Course: 21.10 km  
 Halbmarathon

Category:  
 Männer M45

Total time: 2:05:41

Speed: 10.03 km/h  
 Running performance: 5:58 min/km

Rank in course/Total: 12 (of 61)

Rank in course/Men: 12 (of 50)

Best time in course: 1:46:02

Rank in category: 3(of 8)

Best time in the category: 2:00:26

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	1:14:03	5:55	3	1:33	13	9:53	12.50	1:14:03	5:55	3	1:33	36	
Last lap Finish	8.60	51:38	6:00	3	3:42	15	9:46	21.10	2:05:41	5:57	3	5:15	12	19:39