



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Kathöwer, Robert

Club: Eldagsen
Number: 157

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:19:08

Speed: 9.72 km/h
Running performance: 6:08 min/km

Rank in course/Total: 73 (of 292)

Rank in course/Men: 71 (of 267)

Best time in course: 3:13:29

Rank in category: 11(of 24)

Best time in the category: 3:33:12

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	1:12:04	5:45	12	13:31	82	18:12	12.50	1:12:04	5:45	1	-	69	3:49
Lap 2	10.55	1:04:34	6:07	13	13:13	96	16:48	23.05	2:16:38	5:55	1	-	74	5:00
Lap 3	10.55	1:07:00	6:21	9	10:51	61	18:41	33.60	3:23:38	6:03	12		65	50:41
Last lap Finish	8.60	55:30	6:27	11	10:21	91	18:50	42.20	4:19:08	6:08	13	1:14:37	86	3:15:51