



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

Detailed evaluation

Jage, Frieder

Club: VS Kemberg
 Number: 145

Course: 21.10 km
 Halbmarathon

Category:
 Männer M35

Total time: 2:07:11

Speed: 9.91 km/h
 Running performance: 6:02 min/km

Rank in course/Total: 14 (of 61)

Rank in course/Men: 14 (of 50)

Best time in course: 1:46:02

Rank in category: 5(of 12)

Best time in the category: 1:46:02

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	1:14:49	5:59	5	10:39	14	10:39	12.50	1:14:49	5:59	5	10:39	38	
Last lap Finish	8.60	52:22	6:05	6	10:30	17	10:30	21.10	2:07:11	6:01	5	21:09	14	21:09