



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Notz, Johannes

Club: Laufteam TSV Waldenbuch
Number: 241

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:26:37

Speed: 9.45 km/h
Running performance: 6:19 min/km

Rank in course/Total: 88 (of 292)

Rank in course/Men: 85 (of 267)

Best time in course: 3:13:29

Rank in category: 14(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:17:47	6:13	30	18:22	160	23:55	12.50	1:17:47	6:13	45		83	9:32
Lap 2	10.55	1:05:12	6:10	19	10:12	105	17:26	23.05	2:22:59	6:12	44		88	11:21
Lap 3	10.55	1:10:09	6:38	19	21:50	89	21:50	33.60	3:33:08	6:20	44		79	1:00:11
Last lap Finish	8.60	53:29	6:13	12	10:49	72	16:49	42.20	4:26:37	6:19	18	1:15:36	100	3:23:20