



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Ert, Dirk

Club: Einzelkämpfer
Number: 75

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:26:40

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

Rank in course/Total: 89 (of 292)

Rank in course/Men: 86 (of 267)

Best time in course: 3:13:29

Rank in category: 15(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	12.50	1:16:39	6:07	26	17:14	142	22:47	12.50	1:16:39	6:07	46		84	8:24
Lap 2	10.55	1:07:10	6:21	23	12:10	126	19:24	23.05	2:23:49	6:14	45		89	12:11
Lap 3	10.55	1:09:49	6:37	18	21:30	86	21:30	33.60	3:33:38	6:21	46		80	1:00:41
Last lap Finish	8.60	53:02	6:10	11	10:22	70	16:22	42.20	4:26:40	6:19	19	1:15:39	101	3:23:23