



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Herdecke, Hans-Martin

Club: Elan Barsinghausen
Number: 127

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:27:12

Speed: 9.43 km/h
Running performance: 6:20 min/km

Rank in course/Total: 93 (of 292)

Rank in course/Men: 90 (of 267)

Best time in course: 3:13:29

Rank in category: 23(of 64)

Best time in the category: 3:25:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	12.50	1:17:41	6:12	40	22:59	159	23:49	12.50	1:17:41	6:12	57	2:42	88	9:26
Lap 2	10.55	1:05:05	6:10	25	15:29	104	17:19	23.05	2:22:46	6:11	53		93	11:08
Lap 3	10.55	1:11:12	6:44	26	15:22	95	22:53	33.60	3:33:58	6:22	48		84	1:01:01
Last lap Finish	8.60	53:14	6:11	22	12:35	71	16:34	42.20	4:27:12	6:19	27	3:23:55	105	3:23:55