



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Quitschorek, Martin

Club: LAC Veltins Hochsauerland
Number: 276

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 2:08:15

Speed: 9.82 km/h
Running performance: 6:05 min/km

Rank in course/Total: 15 (of 61)

Rank in course/Men: 15 (of 50)

Best time in course: 1:46:02

Rank in category: 3(of 11)

Best time in the category: 1:59:16

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	1:15:46	6:03	4	4:41	17	11:36	12.50	1:15:46	6:03	3	4:41	39	
Last lap Finish	8.60	52:29	6:06	4	4:18	19	10:37	21.10	2:08:15	6:04	3	8:59	15	22:13