



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Dreimann, Stefan

Club: Adler-Langlauf Bottrop
Number: 67

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:31:06

Speed: 9.30 km/h
Running performance: 6:25 min/km

Rank in course/Total: 105 (of 292)

Rank in course/Men: 101 (of 267)

Best time in course: 3:13:29

Rank in category: 26(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	1:23:02	6:38	54	28:20	210	29:10	12.50	1:23:02	6:38	60	8:03	100	14:47
Lap 2	10.55	1:09:18	6:34	40	19:42	153	21:32	23.05	2:32:20	6:36	50	6:32	105	20:42
Lap 3	10.55	1:09:05	6:32	22	13:15	79	20:46	33.60	3:41:25	6:35	45		95	1:08:28
Last lap Finish	8.60	49:41	5:46	14	9:02	35	13:01	42.20	4:31:06	6:25	30	3:27:49	117	3:27:49