



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schmidt, Bernd

Club: Geschwenda
 Number: 318

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:34:07

Speed: 9.19 km/h
 Running performance: 6:30 min/km

Rank in course/Total: 114 (of 292)

Rank in course/Men: 109 (of 267)

Best time in course: 3:13:29

Rank in category: 23(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	1:19:45	6:22	36	20:20	179	25:53	12.50	1:19:45	6:22	54	0:11	108	11:30
Lap 2	10.55	1:05:45	6:13	21	10:45	111	17:59	23.05	2:25:30	6:18	53		113	13:52
Lap 3	10.55	1:08:36	6:30	16	20:17	74	20:17	33.60	3:34:06	6:22	39		102	1:01:09
Last lap Finish	8.60	1:00:01	6:58	29	17:21	140	23:21	42.20	4:34:07	6:29	27	1:23:06	125	3:30:50