



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Rohde, Thomas

Club: LG Bronx Berlin
Number: 292

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:34:47

Speed: 9.17 km/h
Running performance: 6:31 min/km

Rank in course/Total: 115 (of 292)

Rank in course/Men: 110 (of 267)

Best time in course: 3:13:29

Rank in category: 24(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men							
Lap 1	12.50	1:12:45	5:49	16	13:20	96	18:53	12.50	1:12:45	5:49	55		109	4:30
Lap 2	10.55	1:02:20	5:54	12	7:20	72	14:34	23.05	2:15:05	5:51	54		114	3:27
Lap 3	10.55	1:14:02	7:01	26	25:43	130	25:43	33.60	3:29:07	6:13	25		103	56:10
Last lap Finish	8.60	1:05:40	7:38	42	23:00	182	29:00	42.20	4:34:47	6:30	28	1:23:46	126	3:31:30