



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

König, Lars

Club: TuS Neukölln Triathlon
Number: 174

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:35:14

Speed: 9.16 km/h
Running performance: 6:31 min/km

Rank in course/Total: 120 (of 292)

Rank in course/Men: 115 (of 267)

Best time in course: 3:13:29

Rank in category: 20(of 50)

Best time in the category: 3:22:06

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	1:06:35	5:19	5	9:45	29	12:43	12.50	1:06:35	5:19	45			114	
Lap 2	10.55	1:01:29	5:49	12	12:11	65	13:43	23.05	2:08:04	5:33	45			119	
Lap 3	10.55	1:20:54	7:40	36	27:30	186	32:35	33.60	3:28:58	6:13	43			108	56:01
Last lap Finish	8.60	1:06:16	7:42	38	24:40	190	29:36	42.20	4:35:14	6:31	22	1:13:08		131	3:31:57