



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Dolejs, Jan

Club: Praha
Number: 64

Course: 42.20 km
Marathon

Category:
Männer M60

Total time: 4:36:04

Speed: 9.13 km/h
Running performance: 6:32 min/km

Rank in course/Total: 123 (of 292)

Rank in course/Men: 118 (of 267)

Best time in course: 3:13:29

Rank in category: 1(of 3)

Best time in the category: 4:36:04

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:16:23	6:06	1	-	138	22:31	12.50	1:16:23	6:06	1	-	117	8:08
Lap 2	10.55	1:05:50	6:14	1	-	114	18:04	23.05	2:22:13	6:10	1	-	122	10:35
Lap 3	10.55	1:12:08	6:50	1	-	105	23:49	33.60	3:34:21	6:22	1	-	111	1:01:24
Last lap Finish	8.60	1:01:43	7:10	1	-	150	25:03	42.20	4:36:04	6:32	1	-	134	3:32:47