



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

Detailed evaluation

Tschernatsch, André

Club: Hanau  
 Number: 390

Course: 42.20 km  
 Marathon

Category:  
 Männer M45

Total time: 4:36:31

Speed: 9.11 km/h  
 Running performance: 6:33 min/km

Rank in course/Total: 125 (of 292)

Rank in course/Men: 120 (of 267)

Best time in course: 3:13:29

Rank in category: 27(of 57)

Best time in the category: 3:37:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:19:06	6:19	33	19:41	171	25:14	12.50	1:19:06	6:19	3		119	10:51
Lap 2	10.55	1:07:19	6:22	25	12:19	128	19:33	23.05	2:26:25	6:21	3		124	14:47
Lap 3	10.55	1:14:16	7:02	28	25:57	135	25:57	33.60	3:40:41	6:34	13		113	1:07:44
Last lap Finish	8.60	55:50	6:29	16	13:10	95	19:10	42.20	4:36:31	6:33	31	1:25:30	136	3:33:14