



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Krüger, Gerd

Club: Ilmenau
Number: 188

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:36:36

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course/Total: 126 (of 292)

Rank in course/Men: 121 (of 267)

Best time in course: 3:13:29

Rank in category: 31(of 64)

Best time in the category: 3:25:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind		Pos Men	Behind Men
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men		
Lap 1	12.50	1:15:28	6:02	33	20:46	128	21:36	12.50	1:15:28	6:02	3	0:29	120	7:13	
Lap 2	10.55	1:09:04	6:32	39	19:28	150	21:18	23.05	2:24:32	6:16	3		125	12:54	
Lap 3	10.55	1:13:29	6:57	34	17:39	119	25:10	33.60	3:38:01	6:29	15		114	1:05:04	
Last lap Finish	8.60	58:35	6:48	32	17:56	124	21:55	42.20	4:36:36	6:33	35	3:33:19	137	3:33:19	