



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Prossel, Martin

Club: SVG Burgkirchen
Number: 256

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:37:23

Speed: 9.08 km/h
Running performance: 6:34 min/km

Rank in course/Total: 130 (of 292)

Rank in course/Men: 125 (of 267)

Best time in course: 3:13:29

Rank in category: 23(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	12.50	1:09:07	5:31	13	12:17	56	15:15	12.50	1:09:07	5:31	37		124	0:52
Lap 2	10.55	1:06:48	6:19	26	17:30	120	19:02	23.05	2:15:55	5:53	48		129	4:17
Lap 3	10.55	1:17:26	7:20	30	24:02	161	29:07	33.60	3:33:21	6:20	34		118	1:00:24
Last lap Finish	8.60	1:04:02	7:26	33	22:26	170	27:22	42.20	4:37:23	6:34	25	1:15:17	141	3:34:06