



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Volz, Michael

Club: Göttingen

Number: 398

Course: 42.20 km

Marathon

Category:

Männer M35

Total time: 4:37:26

Speed: 9.08 km/h

Running performance: 6:35 min/km

Rank in course/Total: 131 (of 292)

Rank in course/Men: 126 (of 267)

Best time in course: 3:13:29

Rank in category: 24(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.	Pos Men	Behind Men
						Pos Men	Behind Men							
Lap 1	12.50	1:15:11	6:00	24	18:21	123	21:19	12.50	1:15:11	6:00	13		125	6:56
Lap 2	10.55	1:07:56	6:26	27	18:38	137	20:10	23.05	2:23:07	6:12	14		130	11:29
Lap 3	10.55	1:14:22	7:02	27	20:58	136	26:03	33.60	3:37:29	6:28	13		119	1:04:32
Last lap Finish	8.60	59:57	6:58	24	18:21	139	23:17	42.20	4:37:26	6:34	26	1:15:20	142	3:34:09