



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Seebode, Jan

Club: RIOT ROAD RUNNERS Hannover
Number: 357

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:39:28

Speed: 9.02 km/h
Running performance: 6:37 min/km

Rank in course/Total: 134 (of 292)

Rank in course/Men: 129 (of 267)

Best time in course: 3:13:29

Rank in category: 27(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:24:33	6:45	44	27:43	220	30:41	12.50	1:24:33	6:45	4	3:38	128	16:18
Lap 2	10.55	1:10:07	6:38	33	20:49	162	22:21	23.05	2:34:40	6:42	4	3:04	133	23:02
Lap 3	10.55	1:10:23	6:40	19	16:59	93	22:04	33.60	3:45:03	6:41	5		122	1:12:06
Last lap Finish	8.60	54:25	6:19	16	12:49	81	17:45	42.20	4:39:28	6:37	29	1:17:22	145	3:36:11