



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Bodach, Christian

Club: Tri-Geckos Dortmund
Number: 36

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:40:04

Speed: 9.00 km/h
Running performance: 6:38 min/km

Rank in course/Total: 136 (of 292)

Rank in course/Men: 131 (of 267)

Best time in course: 3:13:29

Rank in category: 16(of 24)

Best time in the category: 3:33:12

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	1:13:58	5:55	14	15:25	107	20:06	12.50	1:13:58	5:55	8	1:54	130	5:43
Lap 2	10.55	1:06:54	6:20	17	15:33	123	19:08	23.05	2:20:52	6:06	8	4:14	90	9:14
Lap 3	10.55	1:19:04	7:29	18	22:55	173	30:45	33.60	3:39:56	6:32	7	10:28	124	1:06:59
Last lap Finish	8.60	1:00:08	6:59	19	14:59	141	23:28	42.20	4:40:04	6:38	18	1:35:33	147	3:36:47