



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Bickendorf, Josef**

Club: Running TV Bedburg  
Number: 30

Course: 42.20 km  
Marathon

Category:  
Männer M45

Total time: 4:40:48

Speed: 8.97 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 138 (of 292)

Rank in course/Men: 132 (of 267)

Best time in course: 3:13:29

Rank in category: 28(of 57)

Best time in the category: 3:37:52

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:15:14	6:01	23	15:49	124	21:22	12.50	1:15:14	6:01	4		131	6:59
Lap 2	10.55	1:10:52	6:43	34	15:52	173	23:06	23.05	2:26:06	6:20	4		136	14:28
Lap 3	10.55	1:13:59	7:00	25	25:40	126	25:40	33.60	3:40:05	6:33	4		125	1:07:08
Last lap Finish	8.60	1:00:43	7:03	30	18:03	143	24:03	42.20	4:40:48	6:39	32	1:29:47	148	3:37:31