



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Boss, Thomas**

Club: Hamburg  
Number: 40

Course: 42.20 km  
Marathon

Category:  
Männer M30

Total time: 4:42:10

Speed: 8.93 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 148 (of 292)

Rank in course/Men: 141 (of 267)

Best time in course: 3:13:29

Rank in category: 18(of 24)

Best time in the category: 3:33:12

### 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	1:20:03	6:24	22	21:30	183	26:11	12.50	1:20:03	6:24	6	7:59	140	11:48
Lap 2	10.55	1:08:53	6:31	19	17:32	149	21:07	23.05	2:28:56	6:27	6	12:18	145	17:18
Lap 3	10.55	1:16:14	7:13	16	20:05	148	27:55	33.60	3:45:10	6:42	5	15:42	134	1:12:13
Last lap Finish	8.60	57:00	6:37	12	11:51	106	20:20	42.20	4:42:10	6:41	20	1:37:39	157	3:38:53