



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 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	1:20:03	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