



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Held, Christoph

Club: Tus 13 Hembsen
 Number: 124

Course: 21.10 km
 Halbmarathon

Category:
 Männer M35

Total time: 2:14:15

Speed: 9.39 km/h
 Running performance: 6:22 min/km

Rank in course/Total: 22 (of 61)

Rank in course/Men: 22 (of 50)

Best time in course: 1:46:02

Rank in category: 7(of 12)

Best time in the category: 1:46:02

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	1:20:27	6:26	8	16:17	26	16:17	12.50	1:20:27	6:26	7	16:17	46	
Last lap Finish	8.60	53:48	6:15	7	11:56	20	11:56	21.10	2:14:15	6:21	7	28:13	22	28:13