



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

Detailed evaluation

Eller, Thomas

Club: TV Altendorf-Ersdorf
 Number: 73

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:46:32

Speed: 8.79 km/h
 Running performance: 6:47 min/km

Rank in course/Total: 163 (of 292)

Rank in course/Men: 153 (of 267)

Best time in course: 3:13:29

Rank in category: 32(of 57)

Best time in the category: 3:37:52

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 | 1:18:51 | 6:18 | 32 | 19:26 | 169 | 24:59 | 12.50 | 1:18:51 | 6:18 | 8 | | 151 | 10:36 |
| Lap 2 | 10.55 | 1:13:00 | 6:55 | 40 | 18:00 | 196 | 25:14 | 23.05 | 2:31:51 | 6:35 | 8 | 2:04 | 157 | 20:13 |
| Lap 3 | 10.55 | 1:16:28 | 7:14 | 32 | 28:09 | 150 | 28:09 | 33.60 | 3:48:19 | 6:47 | 8 | | 146 | 1:15:22 |
| Last lap Finish | 8.60 | 58:13 | 6:46 | 23 | 15:33 | 120 | 21:33 | 42.20 | 4:46:32 | 6:47 | 36 | 1:35:31 | 169 | 3:43:15 |