



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Meyer, Ekkard

Club: BSG Unkeroda
Number: 216

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:47:03

Speed: 8.78 km/h
Running performance: 6:48 min/km

Rank in course/Total: 166 (of 292)

Rank in course/Men: 155 (of 267)

Best time in course: 3:13:29

Rank in category: 39(of 64)

Best time in the category: 3:25:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	12.50	1:17:10	6:10	38	22:28	151	23:18	12.50	1:17:10	6:10	11	2:11	153	8:55
Lap 2	10.55	1:08:06	6:27	36	18:30	142	20:20	23.05	2:25:16	6:18	11		159	13:38
Lap 3	10.55	1:07:14	6:22	19	11:24	66	18:55	33.60	3:32:30	6:19	11		148	59:33
Last lap Finish	8.60	1:14:33	8:40	57	33:54	229	37:53	42.20	4:47:03	6:48	43	3:43:46	171	3:43:46