



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Cordes, Bernd

Club: Lüneburg
Number: 53

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:47:42

Speed: 8.76 km/h
Running performance: 6:49 min/km

Rank in course/Total: 169 (of 292)

Rank in course/Men: 158 (of 267)

Best time in course: 3:13:29

Rank in category: 31(of 50)

Best time in the category: 3:22:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:17:07	6:10	29	20:17	149	23:15	12.50	1:17:07	6:10	7		156	8:52
Lap 2	10.55	1:09:21	6:34	30	20:03	155	21:35	23.05	2:26:28	6:21	8		162	14:50
Lap 3	10.55	1:28:32	8:23	43	35:08	219	40:13	33.60	3:55:00	6:59	9	3:28	151	1:22:03
Last lap Finish	8.60	52:42	6:07	12	11:06	63	16:02	42.20	4:47:42	6:49	33	1:25:36	174	3:44:25