



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Caninenberg, Jens

Club: LG Weserbergland
Number: 51

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:48:27

Speed: 8.74 km/h
Running performance: 6:50 min/km

Rank in course/Total: 172 (of 292)

Rank in course/Men: 160 (of 267)

Best time in course: 3:13:29

Rank in category: 32(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	1:07:24	5:23	7	10:34	35	13:32	12.50	1:07:24	5:23	8		158	
Lap 2	10.55	1:03:58	6:03	19	14:40	87	16:12	23.05	2:11:22	5:41	9		164	
Lap 3	10.55	1:18:14	7:24	32	24:50	164	29:55	33.60	3:29:36	6:14	10		153	56:39
Last lap Finish	8.60	1:18:51	9:10	46	37:15	249	42:11	42.20	4:48:27	6:50	34	1:26:21	176	3:45:10