



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Matthes, Bodo

Club: LC Ron-Hill
Number: 209

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:49:26

Speed: 8.71 km/h
Running performance: 6:52 min/km

Rank in course/Total: 173 (of 292)

Rank in course/Men: 161 (of 267)

Best time in course: 3:13:29

Rank in category: 33(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:26:48	6:56	49	27:23	239	32:56	12.50	1:26:48	6:56	9	7:14	159	18:33
Lap 2	10.55	1:09:33	6:35	31	14:33	157	21:47	23.05	2:36:21	6:46	9	6:34	165	24:43
Lap 3	10.55	1:15:06	7:07	31	26:47	140	26:47	33.60	3:51:27	6:53	9	1:01	154	1:18:30
Last lap Finish	8.60	57:59	6:44	22	15:19	119	21:19	42.20	4:49:26	6:51	37	1:38:25	177	3:46:09