



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Dumke, Holger

Club: bsg waz medien
Number: 68

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:53:14

Speed: 8.59 km/h
Running performance: 6:57 min/km

Rank in course/Total: 185 (of 292)

Rank in course/Men: 173 (of 267)

Best time in course: 3:13:29

Rank in category: 35(of 50)

Best time in the category: 3:22:06

Control	Intermediate times			Stage score				Total ranking						
	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	1:23:28	6:40	40	26:38	211	29:36	12.50	1:23:28	6:40	11	2:33	171	15:13
Lap 2	10.55	1:14:02	7:01	44	24:44	207	26:16	23.05	2:37:30	6:49	12	5:54	177	25:52
Lap 3	10.55	1:14:02	7:01	26	20:38	130	25:43	33.60	3:51:32	6:53	1	-	165	1:18:35
Last lap Finish	8.60	1:01:42	7:10	26	20:06	148	25:02	42.20	4:53:14	6:56	37	1:31:08	189	3:49:57