



8. Unter-Tage-Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Koslow, Sandro

Club: Samtens  
 Number: 179

Course: 42.20 km  
 Marathon

Category:  
 Männer M20

Total time: 4:54:41

Speed: 8.55 km/h  
 Running performance: 6:59 min/km

Rank in course/Total: 187 (of 292)

Rank in course/Men: 175 (of 267)

Best time in course: 3:13:29

Rank in category: 21(of 31)

Best time in the category: 3:32:55

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	1:24:46	6:46	27	27:56	226	30:54	12.50	1:24:46	6:46	10	12:57	174	16:31
Lap 2	10.55	1:16:18	7:13	26	24:49	222	28:32	23.05	2:41:04	6:59	10	21:32	180	29:26
Lap 3	10.55	1:19:48	7:33	22	24:34	179	31:29	33.60	4:00:52	7:10	27	27:30	242	1:27:55
Last lap Finish	8.60	53:49	6:15	8	17:09	75	17:09	42.20	4:54:41	6:58	23	1:27:20	192	3:51:24