



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Meyer-Carlstädt, Volker

Club: Venceremos Münster
Number: 218

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:55:05

Speed: 8.54 km/h
Running performance: 6:59 min/km

Rank in course/Total: 188 (of 292)

Rank in course/Men: 176 (of 267)

Best time in course: 3:13:29

Rank in category: 36(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	1:20:55	6:28	39	24:05	192	27:03	12.50	1:20:55	6:28	1	-	175	12:40
Lap 2	10.55	1:10:41	6:41	35	21:23	170	22:55	23.05	2:31:36	6:34	1	-	181	19:58
Lap 3	10.55	1:20:15	7:36	35	26:51	182	31:56	33.60	3:51:51	6:54	14	0:19	166	1:18:54
Last lap Finish	8.60	1:03:14	7:21	29	21:38	163	26:34	42.20	4:55:05	6:59	39	1:32:59	193	3:51:48