



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Puchert, Alexander

Club: Leverkusen
Number: 274

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:57:25

Speed: 8.47 km/h
Running performance: 7:03 min/km

Rank in course/Total: 193 (of 292)

Rank in course/Men: 181 (of 267)

Best time in course: 3:13:29

Rank in category: 39(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	1:19:15	6:20	33	22:25	172	25:23	12.50	1:19:15	6:20	16		180	11:00
Lap 2	10.55	1:11:41	6:47	37	22:23	183	23:55	23.05	2:30:56	6:32	17		186	19:18
Lap 3	10.55	1:22:06	7:46	37	28:42	190	33:47	33.60	3:53:02	6:56	17	1:30	170	1:20:05
Last lap Finish	8.60	1:04:23	7:29	35	22:47	174	27:43	42.20	4:57:25	7:02	42	1:35:19	198	3:54:08