



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Kopp, Andreas

Club: Post SV Holzminden
Number: 177

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:57:45

Speed: 8.46 km/h
Running performance: 7:04 min/km

Rank in course/Total: 195 (of 292)

Rank in course/Men: 183 (of 267)

Best time in course: 3:13:29

Rank in category: 38(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:27:51	7:01	50	28:26	242	33:59	12.50	1:27:51	7:01	14	8:17	182	19:36
Lap 2	10.55	1:15:05	7:07	42	20:05	210	27:19	23.05	2:42:56	7:04	14	13:09	188	31:18
Lap 3	10.55	1:17:00	7:17	34	28:41	159	28:41	33.60	3:59:56	7:08	50	9:30	239	1:26:59
Last lap Finish	8.60	57:49	6:43	21	15:09	117	21:09	42.20	4:57:45	7:03	42	1:46:44	200	3:54:28