



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Weiß, Carsten

Club: Triathlonfreunde Wittenberg
Number: 410

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:58:35

Speed: 8.44 km/h
Running performance: 7:05 min/km

Rank in course/Total: 197 (of 292)

Rank in course/Men: 185 (of 267)

Best time in course: 3:13:29

Rank in category: 45(of 64)

Best time in the category: 3:25:37

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	1:14:59	5:59	29	20:17	118	21:07	12.50	1:14:59	5:59	1	-	184	6:44
Lap 2	10.55	1:10:49	6:42	43	21:13	171	23:03	23.05	2:25:48	6:19	1	-	190	14:10
Lap 3	10.55	1:22:54	7:51	49	27:04	194	34:35	33.60	3:48:42	6:48	16	3:03	172	1:15:45
Last lap Finish	8.60	1:09:53	8:07	48	29:14	205	33:13	42.20	4:58:35	7:04	49	3:55:18	201	3:55:18