



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Sieder, Richard

Club: TB Jahn Wiesau
Number: 358

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:58:57

Speed: 8.43 km/h
Running performance: 7:05 min/km

Rank in course/Total: 198 (of 292)

Rank in course/Men: 186 (of 267)

Best time in course: 3:13:29

Rank in category: 46(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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
Lap 1	12.50	1:23:46	6:42	55	29:04	214	29:54	12.50	1:23:46	6:42	18	8:47	185	15:31
Lap 2	10.55	1:12:31	6:52	49	22:55	193	24:45	23.05	2:36:17	6:46	18	10:29	191	24:39
Lap 3	10.55	1:17:18	7:19	43	21:28	160	28:59	33.60	3:53:35	6:57	57	7:56	232	1:20:38
Last lap Finish	8.60	1:05:22	7:36	42	24:43	180	28:42	42.20	4:58:57	7:05	50	3:55:40	203	3:55:40