



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Berkmann, Thomas

Club: RUNNING RIOT HANNOVER
Number: 27

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 5:01:18

Speed: 8.36 km/h
Running performance: 7:08 min/km

Rank in course/Total: 201 (of 292)

Rank in course/Men: 189 (of 267)

Best time in course: 3:13:29

Rank in category: 48(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	12.50	1:24:33	6:45	57	29:51	220	30:41	12.50	1:24:33	6:45	20	9:34	128	16:18
Lap 2	10.55	1:12:09	6:50	48	22:33	191	24:23	23.05	2:36:42	6:47	20	10:54	194	25:04
Lap 3	10.55	1:18:49	7:28	45	22:59	168	30:30	33.60	3:55:31	7:00	59	9:52	235	1:22:34
Last lap Finish	8.60	1:05:47	7:38	45	25:08	185	29:07	42.20	5:01:18	7:08	52	3:58:01	206	3:58:01