



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Gakenholz, Pimo

Club: Eldingen
Number: 93

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 5:01:25

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

Rank in course/Total: 202 (of 292)

Rank in course/Men: 190 (of 267)

Best time in course: 3:13:29

Rank in category: 49(of 64)

Best time in the category: 3:25:37

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:20:37	6:26	46	25:55	188	26:45	12.50	1:20:37	6:26	21	5:38	189	12:22
Lap 2	10.55	1:11:10	6:44	44	21:34	176	23:24	23.05	2:31:47	6:35	21	5:59	195	20:09
Lap 3	10.55	1:27:16	8:16	54	31:26	216	38:57	33.60	3:59:03	7:06	18	13:24	175	1:26:06
Last lap Finish	8.60	1:02:22	7:15	37	21:43	154	25:42	42.20	5:01:25	7:08	53	3:58:08	207	3:58:08