8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Beier, Ingo

Club: Roadrunners Varrel
Number: 18

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 5:01:56

Speed: 8.39 km/h
Running performance: 7:10 min/km

Rank in course/Total: 204 (of 292)
Rank in course/Men: 192 (of 267)
Best time in course: 3:13:29

Rank in category: 41(of 50)
Best time in the category: 3:22:06

Intermediate times

Control	Stage score							Total ranking						
	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	1:24:36	6:46	46	27:46	223	30:44	12.50	1:24:36	6:46	18	3:41	191	16:21
Lap 2	10.55	1:10:49	6:42	36	21:31	171	23:03	23.05	2:35:25	6:44	19	3:49	197	23:47
Lap 3	10.55	1:22:26	7:48	38	29:02	193	34:07	33.60	3:57:51	7:04	46	6:19	236	1:24:54
Last lap Finish	8.60	1:04:05	7:27	34	22:29	171	27:25	42.20	5:01:56	7:09	44	1:39:50	209	3:58:39