



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Hasal, Miroslav

Club: Traged Team Beroun
Number: 116

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 5:04:47

Speed: 8.27 km/h
Running performance: 7:13 min/km

Rank in course/Total: 210 (of 292)

Rank in course/Men: 197 (of 267)

Best time in course: 3:13:29

Rank in category: 51(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	1:12:03	5:45	19	17:21	81	18:11	12.50	1:12:03	5:45	23		196	3:48
Lap 2	10.55	1:13:46	6:59	51	24:10	203	26:00	23.05	2:25:49	6:19	23	0:01	202	14:11
Lap 3	10.55	1:33:16	8:50	57	37:26	241	44:57	33.60	3:59:05	7:06	20	13:26	180	1:26:08
Last lap Finish	8.60	1:05:42	7:38	43	25:03	183	29:02	42.20	5:04:47	7:13	55	4:01:30	214	4:01:30