8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Briese, Dr. Harald

Club: LTV Lippstadt
Number: 46

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 5:04:53

Speed: 8.30 km/h
Running performance: 7:14 min/km

Rank in course/Total: 211 (of 292)
Rank in course/Men: 198 (of 267)
Best time in course: 3:13:29

Rank in category: 18(of 26)
Best time in the category: 3:26:30

Intermediate times

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total ranking
Lap 1	12.50	1:20:55	6:28	17	20:29	192	27:03		12.50	1:20:55	6:28	9	4:35	175	12:40	
Lap 2	10.55	1:12:07	6:50	17	20:47	189	24:21		23.05	2:33:02	6:38	9	3:26	203	21:24	
Lap 3	10.55	1:23:09	7:52	19	29:27	197	34:50		33.60	3:56:11	7:01	8	7:46	181	1:23:14	
Last lap Finish	8.60	1:08:42	7:59	19	30:08	200	32:02		42.20	5:04:53	7:13	19	1:42:07	215	4:01:36	