



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

König, Uwe

Club: TVG Kaiserau
Number: 176

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:05:07

Speed: 8.26 km/h
Running performance: 7:14 min/km

Rank in course/Total: 212 (of 292)

Rank in course/Men: 199 (of 267)

Best time in course: 3:13:29

Rank in category: 39(of 57)

Best time in the category: 3:37:52

Intermediate times

Stage score

Total ranking

Control	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	1:17:22	6:11	29	17:57	155	23:30	12.50	1:17:22	6:11	15		198	9:07
Lap 2	10.55	1:12:25	6:51	39	17:25	192	24:39	23.05	2:29:47	6:29	1	-	204	18:09
Lap 3	10.55	1:30:08	8:32	47	41:49	227	41:49	33.60	3:59:55	7:08	49	9:29	238	1:26:58
Last lap Finish	8.60	1:05:12	7:34	40	22:32	178	28:32	42.20	5:05:07	7:13	43	1:54:06	216	4:01:50