



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Sir, Axel

Club: Augsburg
Number: 199

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:08:21

Speed: 8.21 km/h
Running performance: 7:19 min/km

Rank in course/Total: 213 (of 292)

Rank in course/Men: 200 (of 267)

Best time in course: 3:13:29

Rank in category: 40(of 57)

Best time in the category: 3:37:52

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	1:19:34	6:21	35	20:09	176	25:42	12.50	1:19:34	6:21	1	-	199	11:19
Lap 2	10.55	1:18:19	7:25	48	23:19	232	30:33	23.05	2:37:53	6:50	16	8:06	205	26:15
Lap 3	10.55	1:23:57	7:57	43	35:38	200	35:38	33.60	4:01:50	7:11	52	11:24	244	1:28:53
Last lap Finish	8.60	1:06:31	7:44	44	23:51	192	29:51	42.20	5:08:21	7:18	44	1:57:20	217	4:05:04