



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Podewils, Thomas

Club: Berlin
Number: 267

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:11:48

Speed: 8.08 km/h
Running performance: 7:23 min/km

Rank in course/Total: 219 (of 292)

Rank in course/Men: 205 (of 267)

Best time in course: 3:13:29

Rank in category: 42(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	1:22:49	6:37	42	23:24	209	28:57	12.50	1:22:49	6:37	18	3:15	204	14:34
Lap 2	10.55	1:11:28	6:46	38	16:28	182	23:42	23.05	2:34:17	6:41	18	4:30	210	22:39
Lap 3	10.55	1:26:34	8:12	45	38:15	212	38:15	33.60	4:00:51	7:10	51	10:25	241	1:27:54
Last lap Finish	8.60	1:10:57	8:15	45	28:17	210	34:17	42.20	5:11:48	7:23	46	2:00:47	222	4:08:31