



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Förster, Udo

Club: 100 Marathon Club
Number: 85

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 5:17:15

Speed: 7.94 km/h
Running performance: 7:31 min/km

Rank in course/Total: 229 (of 292)

Rank in course/Men: 212 (of 267)

Best time in course: 3:13:29

Rank in category: 54(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 ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 12.50 | 1:24:21 | 6:44 | 56 | 29:39 | 216 | 30:29 | 12.50 | 1:24:21 | 6:44 | 26 | 9:22 | 211 | 16:06 |
| Lap 2 | 10.55 | 1:21:07 | 7:41 | 60 | 31:31 | 243 | 33:21 | 23.05 | 2:45:28 | 7:10 | 26 | 19:40 | 217 | 33:50 |
| Lap 3 | 10.55 | 1:26:27 | 8:11 | 52 | 30:37 | 208 | 38:08 | 33.60 | 4:11:55 | 7:29 | 22 | 26:16 | 188 | 1:38:58 |
| Last lap Finish | 8.60 | 1:05:20 | 7:35 | 41 | 24:41 | 179 | 28:40 | 42.20 | 5:17:15 | 7:31 | 58 | 4:13:58 | 229 | 4:13:58 |