



# 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