



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Kelbel, Joe

Club: marathon4you.de
Number: 159

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:19:59

Speed: 7.88 km/h
Running performance: 7:35 min/km

Rank in course/Total: 236 (of 292)

Rank in course/Men: 219 (of 267)

Best time in course: 3:13:29

Rank in category: 44(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.	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	1:34:50	7:35	57	35:25	261	40:58	12.50	1:34:50	7:35	20	15:16	218	26:35
Lap 2	10.55	1:24:32	8:00	55	29:32	256	36:46	23.05	2:59:22	7:46	20	29:35	224	47:44
Lap 3	10.55	1:22:15	7:47	40	33:56	192	33:56	33.60	4:21:37	7:47	15	31:11	194	1:48:40
Last lap Finish	8.60	58:22	6:47	24	15:42	121	21:42	42.20	5:19:59	7:34	48	2:08:58	236	4:16:42