



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Döge, Alexander

Club: Osterode
Number: 63

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 5:20:28

Speed: 7.86 km/h
Running performance: 7:35 min/km

Rank in course/Total: 239 (of 292)

Rank in course/Men: 222 (of 267)

Best time in course: 3:13:29

Rank in category: 25(of 31)

Best time in the category: 3:32:55

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	1:12:05	5:46	16	15:15	83	18:13	12.50	1:12:05	5:46	6	0:16	48	3:50
Lap 2	10.55	1:08:18	6:28	20	16:49	145	20:32	23.05	2:20:23	6:05	6	0:51	227	8:45
Lap 3	10.55	1:25:34	8:06	25	30:20	204	37:15	33.60	3:45:57	6:43	5	12:35	197	1:13:00
Last lap Finish	8.60	1:34:31	10:59	31	57:51	263	57:51	42.20	5:20:28	7:35	27	1:53:07	239	4:17:11