



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Denker, Ulf

Club: www.laufendfit.eu Wardenburg
Number: 56

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:36:16

Speed: 7.49 km/h
Running performance: 7:58 min/km

Rank in course/Total: 252 (of 292)

Rank in course/Men: 234 (of 267)

Best time in course: 3:13:29

Rank in category: 47(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:32:43	7:25	55	33:18	256	38:51	12.50	1:32:43	7:25	23	13:09	233	24:28
Lap 2	10.55	1:18:56	7:28	50	23:56	235	31:10	23.05	2:51:39	7:26	23	21:52	239	40:01
Lap 3	10.55	1:29:05	8:26	46	40:46	221	40:46	33.60	4:20:44	7:45	18	30:18	208	1:47:47
Last lap Finish	8.60	1:15:32	8:46	48	32:52	235	38:52	42.20	5:36:16	7:58	51	2:25:15	251	4:32:59