



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. | 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 | 1:32:43 | 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 |