



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Kaltwasser, Jörg

Club: Rennsteiglauf Weilheim
Number: 155

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:49:00

Speed: 7.22 km/h
Running performance: 8:16 min/km

Rank in course/Total: 270 (of 292)

Rank in course/Men: 246 (of 267)

Best time in course: 3:13:29

Rank in category: 51(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	1:34:38	7:34	56	35:13	260	40:46	12.50	1:34:38	7:34	27	15:04	245	26:23
Lap 2	10.55	1:26:36	8:12	56	31:36	259	38:50	23.05	3:01:14	7:51	26	31:27	248	49:36
Lap 3	10.55	1:30:36	8:35	48	42:17	229	42:17	33.60	4:31:50	8:05	22	41:24	220	1:58:53
Last lap Finish	8.60	1:17:10	8:58	49	34:30	242	40:30	42.20	5:49:00	8:16	55	2:37:59	263	4:45:43