



8. Unter-Tage-Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Grunwald, Peter

Club: TG Wehlheiden, Kassel  
 Number: 107

Course: 21.10 km  
 Halbmarathon

Category:  
 Männer M45

Total time: 2:29:50

Speed: 8.41 km/h  
 Running performance: 7:06 min/km

Rank in course/Total: 39 (of 61)

Rank in course/Men: 36 (of 50)

Best time in course: 1:46:02

Rank in category: 6(of 8)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|---------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men |             |               |                 |             |                | Pos<br>Men    | Behind<br>Men |  |
| Lap 1           | 12.50       | 1:23:30       | 6:40            | 6           | 11:00          | 32          | 19:20         | 12.50       | 1:23:30       | 6:40            | 6           | 11:00          | 11            |               |  |
| Last lap Finish | 8.60        | 1:06:20       | 7:42            | 7           | 18:24          | 40          | 24:28         | 21.10       | 2:29:50       | 7:06            | 6           | 29:24          | 36            | 43:48         |  |