



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 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	1:23:30	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