



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

Detailed evaluation

Nicolaus, Alexander

Club: BASF Running Team Tokyo
 Number: 236

Course: 21.10 km
 Halbmarathon

Category:
 Männer M20

Total time: 2:32:48

Speed: 8.25 km/h
 Running performance: 7:14 min/km

Rank in course/Total: 40 (of 61)

Rank in course/Men: 37 (of 50)

Best time in course: 1:46:02

Rank in category: 2(of 2)

Best time in the category: 2:21:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:28:55	7:06	2	7:49	39	24:45	12.50	1:28:55	7:06	2	7:49	12	
Last lap Finish	8.60	1:03:53	7:25	2	3:42	35	22:01	21.10	2:32:48	7:14	2	11:31	37	46:46