



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Branse, Konrad

Club: LT SV Westum
Number: 44

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 3:28:33

Speed: 12.08 km/h
Running performance: 4:56 min/km

Rank in course/Total: 5 (of 292)

Rank in course/Men: 5 (of 267)

Best time in course: 3:13:29

Rank in category: 2(of 10)

Best time in the category: 3:13:29

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	56:48	4:32	2	2:56	3	2:56	12.50	56:48	4:32	9			252
Lap 2	10.55	51:54	4:55	2	4:08	9	4:08	23.05	1:48:42	4:42	2	7:04		10
Lap 3	10.55	56:12	5:19	2	4:53	9	7:53	33.60	2:44:54	4:54	2	11:57	5	11:57
Last lap Finish	8.60	43:39	5:04	2	3:07	10	6:59	42.20	3:28:33	4:56	3	2:03:54	12	2:25:16