



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

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Club: Aalborg Triathlon Klub
Number: 150

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 3:35:15

Speed: 11.71 km/h
Running performance: 5:06 min/km

Rank in course/Total: 9 (of 292)

Rank in course/Men: 9 (of 267)

Best time in course: 3:13:29

Rank in category: 2(of 24)

Best time in the category: 3:33:12

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	1:00:02	4:48	5	1:29	15	6:10	12.50	1:00:02	4:48	20		8	
Lap 2	10.55	52:30	4:58	3	1:09	12	4:44	23.05	1:52:32	4:52	23		8	
Lap 3	10.55	57:34	5:27	2	1:25	17	9:15	33.60	2:50:06	5:03	19		9	17:09
Last lap Finish	8.60	45:09	5:15	1	-	14	8:29	42.20	3:35:15	5:06	3	30:44	16	2:31:58