



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Kiwus, Dirk

Club: Berlin
Number: 165

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 3:37:20

Speed: 11.60 km/h
Running performance: 5:09 min/km

Rank in course/Total: 10 (of 292)

Rank in course/Men: 10 (of 267)

Best time in course: 3:13:29

Rank in category: 2(of 50)

Best time in the category: 3:22:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	58:18	4:39	3	1:28	8	4:26	12.50	58:18	4:39	26		9	
Lap 2	10.55	51:25	4:52	2	2:07	6	3:39	23.05	1:49:43	4:45	27		15	
Lap 3	10.55	57:11	5:25	2	3:47	15	8:52	33.60	2:46:54	4:58	25		10	13:57
Last lap Finish	8.60	50:26	5:51	8	8:50	41	13:46	42.20	3:37:20	5:09	2	15:14	17	2:34:03