



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Strohbach, Dirk

Club: Die Kilometerfräse
Number: 379

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:48:16

Speed: 11.04 km/h
Running performance: 5:25 min/km

Rank in course/Total: 19 (of 292)

Rank in course/Men: 19 (of 267)

Best time in course: 3:13:29

Rank in category: 3(of 64)

Best time in the category: 3:25:37

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	1:12:18	5:47	20	17:36	88	18:26	12.50	1:12:18	5:47	34		12	4:03
Lap 2	10.55	59:29	5:38	12	9:53	47	11:43	23.05	2:11:47	5:43	34		22	0:09
Lap 3	10.55	55:50	5:17	1	-	7	7:31	33.60	3:07:37	5:35	30		16	34:40
Last lap Finish	8.60	40:39	4:43	1	-	4	3:59	42.20	3:48:16	5:24	4	2:44:59	27	2:44:59