



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schilder, Holger

Club: GMRLV
Number: 309

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 3:51:35

Speed: 10.88 km/h
Running performance: 5:29 min/km

Rank in course/Total: 25 (of 292)

Rank in course/Men: 25 (of 267)

Best time in course: 3:13:29

Rank in category: 2(of 57)

Best time in the category: 3:37:52

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	1:03:36	5:05	3	4:11	23	9:44	12.50	1:03:36	5:05	57		264	
Lap 2	10.55	56:12	5:19	2	1:12	20	8:26	23.05	1:59:48	5:11	56		255	
Lap 3	10.55	1:01:42	5:50	4	13:23	33	13:23	33.60	3:01:30	5:24	26		17	28:33
Last lap Finish	8.60	50:05	5:49	4	7:25	39	13:25	42.20	3:51:35	5:29	4	40:34	33	2:48:18