



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Förkel, Detlev

Club: Weimar
Number: 84

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:53:52

Speed: 10.78 km/h
Running performance: 5:32 min/km

Rank in course/Total: 29 (of 292)

Rank in course/Men: 29 (of 267)

Best time in course: 3:13:29

Rank in category: 9(of 64)

Best time in the category: 3:25:37

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	58:14	4:39	2	3:32	7	4:22	12.50	58:14	4:39	40		21	
Lap 2	10.55	58:53	5:34	9	9:17	40	11:07	23.05	1:57:07	5:04	38		28	
Lap 3	10.55	1:05:42	6:13	15	9:52	51	17:23	33.60	3:02:49	5:26	56		229	29:52
Last lap Finish	8.60	51:03	5:56	15	10:24	44	14:23	42.20	3:53:52	5:32	10	2:50:35	37	2:50:35