



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schuffenhauer, Holger

Club: ASV Ringen Plauen
Number: 337

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:00:07

Speed: 10.49 km/h
Running performance: 5:41 min/km

Rank in course/Total: 37 (of 292)

Rank in course/Men: 37 (of 267)

Best time in course: 3:13:29

Rank in category: 12(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	1:04:24	5:09	5	9:42	26	10:32	12.50	1:04:24	5:09	45			32	
Lap 2	10.55	57:26	5:26	5	7:50	27	9:40	23.05	2:01:50	5:17	62			258	
Lap 3	10.55	1:06:59	6:20	18	11:09	60	18:40	33.60	3:08:49	5:37	37			32	35:52
Last lap Finish	8.60	51:18	5:57	19	10:39	49	14:38	42.20	4:00:07	5:41	15	2:56:50		49	2:56:50