



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Günthner, Josef

Club: Trirun Linz
Number: 109

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 4:06:48

Speed: 10.21 km/h
Running performance: 5:51 min/km

Rank in course/Total: 51 (of 292)

Rank in course/Men: 50 (of 267)

Best time in course: 3:13:29

Rank in category: 4(of 26)

Best time in the category: 3:26:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:14:09	5:55	7	13:43	109	20:17	12.50	1:14:09	5:55	23		45	5:54
Lap 2	10.55	1:01:23	5:49	4	10:03	63	13:37	23.05	2:15:32	5:52	23		50	3:54
Lap 3	10.55	1:03:08	5:59	4	9:26	43	14:49	33.60	3:18:40	5:54	21		44	45:43
Last lap Finish	8.60	48:08	5:35	4	9:34	29	11:28	42.20	4:06:48	5:50	5	44:02	62	3:03:31