



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Günsch, Lars**

Club: Sc impuls erfurt  
Number: 438

Course: 42.20 km  
Marathon

Category:  
Männer M35

Total time: 4:12:25

Speed: 9.98 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 57 (of 292)

Rank in course/Men: 55 (of 267)

Best time in course: 3:13:29

Rank in category: 9(of 50)

Best time in the category: 3:22:06

### Intermediate times

### Stage score

### Total ranking

| Control         | Split |         | Pos  | Behind | Pos    |      | Behind | Total |         | Pos  | Behind | Pos   |    | Behind  |
|-----------------|-------|---------|------|--------|--------|------|--------|-------|---------|------|--------|-------|----|---------|
|                 | km    | Time    |      |        | min/km | Cat. |        | Cat.  | Men     |      |        | Men   | km |         |
| Lap 1           | 12.50 | 1:12:29 | 5:47 | 20     | 15:39  | 90   | 18:37  | 12.50 | 1:12:29 | 5:47 | 33     |       | 52 | 4:14    |
| Lap 2           | 10.55 | 1:05:20 | 6:11 | 24     | 16:02  | 107  | 17:34  | 23.05 | 2:17:49 | 5:58 | 33     |       | 57 | 6:11    |
| Lap 3           | 10.55 | 1:07:12 | 6:22 | 11     | 13:48  | 65   | 18:53  | 33.60 | 3:25:01 | 6:06 | 32     |       | 49 | 52:04   |
| Last lap Finish | 8.60  | 47:24   | 5:30 | 4      | 5:48   | 23   | 10:44  | 42.20 | 4:12:25 | 5:58 | 10     | 50:19 | 69 | 3:09:08 |