



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Hiecke, Jörg

Club: ForumTeam
 Number: 129

Course: 42.20 km
 Marathon

Category:
 Männer M30

Total time: 4:13:28

Speed: 9.94 km/h
 Running performance: 6:01 min/km

Rank in course/Total: 60 (of 292)

Rank in course/Men: 58 (of 267)

Best time in course: 3:13:29

Rank in category: 9(of 24)

Best time in the category: 3:33:12

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	1:08:53	5:30	8	10:20	49	15:01	12.50	1:08:53	5:30	15		30	0:38
Lap 2	10.55	57:39	5:27	6	6:18	29	9:53	23.05	2:06:32	5:29	15		60	
Lap 3	10.55	1:09:15	6:33	12	13:06	80	20:56	33.60	3:15:47	5:49	14		52	42:50
Last lap Finish	8.60	57:41	6:42	16	12:32	114	21:01	42.20	4:13:28	6:00	11	1:08:57	72	3:10:11