



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schindler, Michael

Club: TV Helmbrechts
Number: 312

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:13:41

Speed: 9.93 km/h
Running performance: 6:01 min/km

Rank in course/Total: 61 (of 292)

Rank in course/Men: 59 (of 267)

Best time in course: 3:13:29

Rank in category: 16(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	12.50	1:10:34	5:38	16	15:52	65	16:42	12.50	1:10:34	5:38	49		56	2:19
Lap 2	10.55	1:01:08	5:47	15	11:32	59	13:22	23.05	2:11:42	5:42	46		61	0:04
Lap 3	10.55	1:06:00	6:15	16	10:10	53	17:41	33.60	3:17:42	5:53	41		53	44:45
Last lap Finish	8.60	55:59	6:30	26	15:20	96	19:19	42.20	4:13:41	6:00	19	3:10:24	73	3:10:24