



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Nordmann, Malte

Club: Pankow-Team 07
Number: 239

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:16:02

Speed: 9.84 km/h
Running performance: 6:04 min/km

Rank in course/Total: 67 (of 292)

Rank in course/Men: 65 (of 267)

Best time in course: 3:13:29

Rank in category: 11(of 57)

Best time in the category: 3:37:52

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	1:07:45	5:25	7	8:20	40	13:53	12.50	1:07:45	5:25	30			58	
Lap 2	10.55	58:19	5:31	5	3:19	34	10:33	23.05	2:06:04	5:28	29			67	
Lap 3	10.55	1:07:03	6:21	12	18:44	62	18:44	33.60	3:13:07	5:44	34			59	40:10
Last lap Finish	8.60	1:02:55	7:18	35	20:15	161	26:15	42.20	4:16:02	6:04	15	1:05:01		79	3:12:45