



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Michaelis, Brian

Club: Wennigsen

Number: 219

Course: 42.20 km

Marathon

Category:

Männer M30

Total time: 4:18:42

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 71 (of 292)

Rank in course/Men: 69 (of 267)

Best time in course: 3:13:29

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:12:01	5:45	11	13:28	80	18:09	12.50	1:12:01	5:45	14		67	3:46
Lap 2	10.55	1:04:36	6:07	15	13:15	98	16:50	23.05	2:16:37	5:55	14		72	4:59
Lap 3	10.55	1:07:04	6:21	10	10:55	63	18:45	33.60	3:23:41	6:03	13		63	50:44
Last lap Finish	8.60	55:01	6:23	10	9:52	87	18:21	42.20	4:18:42	6:07	12	1:14:11	84	3:15:25