



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

Detailed evaluation

Schwarzenberg, Frank

Club: Heidetreter Nordsachsen
 Number: 354

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 4:19:21

Speed: 9.72 km/h
 Running performance: 6:09 min/km

Rank in course/Total: 74 (of 292)

Rank in course/Men: 72 (of 267)

Best time in course: 3:13:29

Rank in category: 12(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	1:11:21	5:42	11	11:56	71	17:29	12.50	1:11:21	5:42	43		70	3:06
Lap 2	10.55	1:03:10	5:59	14	8:10	76	15:24	23.05	2:14:31	5:50	42		75	2:53
Lap 3	10.55	1:08:29	6:29	15	20:10	73	20:10	33.60	3:23:00	6:02	35		66	50:03
Last lap Finish	8.60	56:21	6:33	19	13:41	101	19:41	42.20	4:19:21	6:08	16	1:08:20	87	3:16:04