



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Steinigen, Martin**

Club: Sportfreunde Sächsische Schweiz  
Number: 375

Course: 42.20 km  
Marathon

Category:  
Männer M20

Total time: 4:27:44

Speed: 9.41 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 95 (of 292)

Rank in course/Men: 92 (of 267)

Best time in course: 3:13:29

Rank in category: 14(of 31)

Best time in the category: 3:32:55

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	1:11:49	5:44	14	14:59	76	17:57	12.50	1:11:49	5:44	1	-	90	3:34
Lap 2	10.55	1:07:43	6:25	17	16:14	131	19:57	23.05	2:19:32	6:03	1	-	95	7:54
Lap 3	10.55	1:14:01	7:00	16	18:47	129	25:42	33.60	3:33:33	6:21	14	0:11	86	1:00:36
Last lap Finish	8.60	54:11	6:18	9	17:31	76	17:31	42.20	4:27:44	6:20	16	1:00:23	107	3:24:27