



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

Detailed evaluation

Michel, Peter

Club: Berlin  
 Number: 220

Course: 42.20 km  
 Marathon

Category:  
 Männer M45

Total time: 4:29:54

Speed: 9.34 km/h  
 Running performance: 6:24 min/km

Rank in course/Total: 103 (of 292)

Rank in course/Men: 99 (of 267)

Best time in course: 3:13:29

Rank in category: 17(of 57)

Best time in the category: 3:37:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:11:12	5:41	10	11:47	70	17:20	12.50	1:11:12	5:41	48		98	2:57
Lap 2	10.55	1:04:56	6:09	18	9:56	101	17:10	23.05	2:16:08	5:54	47		103	4:30
Lap 3	10.55	1:14:14	7:02	27	25:55	134	25:55	33.60	3:30:22	6:15	37		93	57:25
Last lap Finish	8.60	59:32	6:55	26	16:52	133	22:52	42.20	4:29:54	6:23	21	1:18:53	115	3:26:37