



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Steinicke, Thomas**

Club: SGW 05 Berlin  
Number: 374

Course: 42.20 km  
Marathon

Category:  
Männer M45

Total time: 4:30:20

Speed: 9.32 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 104 (of 292)

Rank in course/Men: 100 (of 267)

Best time in course: 3:13:29

Rank in category: 18(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:20:02	6:24	37	20:37	182	26:10	12.50	1:20:02	6:24	49	0:28	99	11:47
Lap 2	10.55	1:10:14	6:39	33	15:14	166	22:28	23.05	2:30:16	6:31	48	0:29	104	18:38
Lap 3	10.55	1:08:24	6:29	14	20:05	72	20:05	33.60	3:38:40	6:30	43		94	1:05:43
Last lap Finish	8.60	51:40	6:00	8	9:00	52	15:00	42.20	4:30:20	6:24	22	1:19:19	116	3:27:03