



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Pollmeier, Michael

Club: Laufspass SW Sende
Number: 268

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:32:04

Speed: 9.26 km/h
Running performance: 6:27 min/km

Rank in course/Total: 107 (of 292)

Rank in course/Men: 103 (of 267)

Best time in course: 3:13:29

Rank in category: 20(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	1:12:49	5:49	17	13:24	97	18:57	12.50	1:12:49	5:49	51		102	4:34
Lap 2	10.55	1:07:52	6:25	28	12:52	135	20:06	23.05	2:20:41	6:06	50		107	9:03
Lap 3	10.55	1:11:48	6:48	21	23:29	100	23:29	33.60	3:32:29	6:19	41		97	59:32
Last lap Finish	8.60	59:35	6:55	27	16:55	134	22:55	42.20	4:32:04	6:26	24	1:21:03	119	3:28:47