



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Lüder, Steffen

Club: LC Ron Hill Berlin
Number: 202

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:32:18

Speed: 9.25 km/h
Running performance: 6:27 min/km

Rank in course/Total: 108 (of 292)

Rank in course/Men: 104 (of 267)

Best time in course: 3:13:29

Rank in category: 27(of 64)

Best time in the category: 3:25:37

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	1:15:29	6:02	34	20:47	129	21:37	12.50	1:15:29	6:02	61	0:30	46	7:14
Lap 2	10.55	1:06:53	6:20	31	17:17	122	19:07	23.05	2:22:22	6:10	49		108	10:44
Lap 3	10.55	1:12:49	6:54	32	16:59	116	24:30	33.60	3:35:11	6:24	44		98	1:02:14
Last lap Finish	8.60	57:07	6:38	28	16:28	108	20:27	42.20	4:32:18	6:27	31	3:29:01	120	3:29:01