



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schneiders, Helmut

Club: Berufsfeuerwehr Mönchengladbach
Number: 330

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:32:33

Speed: 9.25 km/h
Running performance: 6:28 min/km

Rank in course/Total: 110 (of 292)

Rank in course/Men: 106 (of 267)

Best time in course: 3:13:29

Rank in category: 22(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.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	12.50	1:15:09	6:00	22	15:44	122	21:17	12.50	1:15:09	6:00	53		105	6:54
Lap 2	10.55	1:05:23	6:11	20	10:23	109	17:37	23.05	2:20:32	6:05	52		110	8:54
Lap 3	10.55	1:12:16	6:50	22	23:57	107	23:57	33.60	3:32:48	6:19	40		99	59:51
Last lap Finish	8.60	59:45	6:56	28	17:05	136	23:05	42.20	4:32:33	6:27	26	1:21:32	122	3:29:16