



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Mönnig, Bernhard**

Club: Roadrunners Varrel  
Number: 226

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 4:35:06

Speed: 9.16 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 119 (of 292)

Rank in course/Men: 114 (of 267)

Best time in course: 3:13:29

Rank in category: 28(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.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men							
Lap 1	12.50	1:16:17	6:06	36	21:35	134	22:25	12.50	1:16:17	6:06	33	1:18	113	8:02
Lap 2	10.55	1:06:40	6:19	30	17:04	119	18:54	23.05	2:22:57	6:12	33		118	11:19
Lap 3	10.55	1:13:33	6:58	35	17:43	121	25:14	33.60	3:36:30	6:26	29		107	1:03:33
Last lap Finish	8.60	58:36	6:48	33	17:57	125	21:56	42.20	4:35:06	6:31	32	3:31:49	130	3:31:49