



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Ziefle, Herbert

Club: BSG FIDUCIA IT AG
Number: 432

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:36:50

Speed: 9.10 km/h
Running performance: 6:34 min/km

Rank in course/Total: 128 (of 292)

Rank in course/Men: 123 (of 267)

Best time in course: 3:13:29

Rank in category: 32(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	12.50	1:16:41	6:08	37	21:59	143	22:49	12.50	1:16:41	6:08	4	1:42	122	8:26
Lap 2	10.55	1:08:43	6:30	38	19:07	147	20:57	23.05	2:25:24	6:18	4		127	13:46
Lap 3	10.55	1:12:33	6:52	30	16:43	112	24:14	33.60	3:37:57	6:29	4		116	1:05:00
Last lap Finish	8.60	58:53	6:50	35	18:14	128	22:13	42.20	4:36:50	6:33	36	3:33:33	139	3:33:33