



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Grafe, Markus

Club: Road Runners Varrel
Number: 103

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:37:14

Speed: 9.09 km/h
Running performance: 6:34 min/km

Rank in course/Total: 129 (of 292)

Rank in course/Men: 124 (of 267)

Best time in course: 3:13:29

Rank in category: 22(of 50)

Best time in the category: 3:22:06

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	1:17:13	6:10	30	20:23	153	23:21	12.50	1:17:13	6:10	47		123	8:58
Lap 2	10.55	1:08:09	6:27	29	18:51	144	20:23	23.05	2:25:22	6:18	47		128	13:44
Lap 3	10.55	1:13:57	7:00	24	20:33	125	25:38	33.60	3:39:19	6:31	45		117	1:06:22
Last lap Finish	8.60	57:55	6:44	23	16:19	118	21:15	42.20	4:37:14	6:34	24	1:15:08	140	3:33:57