



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 |