8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Zin, Manuel

Club: SV Neptun Waldbrunn
Number: 434

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:41:32

Speed: 8.99 km/h
Running performance: 6:40 min/km

Rank in course/Total: 144 (of 292)
Rank in course/Men: 137 (of 267)
Best time in course: 3:13:29

Rank in category: 17(of 24)
Best time in the category: 3:33:12

Intermediate times

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
	Stage score							Total ranking						
Lap 1	12.50	1:14:40	5:58	15	16:07	113	20:48	12.50	1:14:40	5:58	7	2:36	136	6:25
Lap 2	10.55	1:08:45	6:30	18	17:24	148	20:59	23.05	2:23:25	6:13	7	6:47	141	11:47
Lap 3	10.55	1:18:15	7:25	17	22:06	165	29:56	33.60	3:41:40	6:35	6	12:12	130	1:08:43
Last lap Finish	8.60	59:52	6:57	18	14:43	137	23:12	42.20	4:41:32	6:40	19	1:37:01	153	3:38:15