



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schlittermann, Heiko

Club: Dresden
Number: 314

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:41:48

Speed: 8.94 km/h
Running performance: 6:41 min/km

Rank in course/Total: 145 (of 292)

Rank in course/Men: 138 (of 267)

Best time in course: 3:13:29

Rank in category: 36(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.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	12.50	1:12:43	5:49	22	18:01	95	18:51	12.50	1:12:43	5:49	8		137	4:28
Lap 2	10.55	1:05:45	6:13	27	16:09	111	17:59	23.05	2:18:28	6:00	8		142	6:50
Lap 3	10.55	1:16:52	7:17	41	21:02	156	28:33	33.60	3:35:20	6:24	8		131	1:02:23
Last lap Finish	8.60	1:06:28	7:43	46	25:49	191	29:48	42.20	4:41:48	6:40	40	3:38:31	154	3:38:31