



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schläger, Lars

Club: HSG Spradow
Number: 313

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 4:42:58

Speed: 8.91 km/h
Running performance: 6:43 min/km

Rank in course/Total: 152 (of 292)

Rank in course/Men: 145 (of 267)

Best time in course: 3:13:29

Rank in category: 19(of 31)

Best time in the category: 3:32:55

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	1:15:33	6:02	22	18:43	132	21:41	12.50	1:15:33	6:02	12	3:44	144	7:18
Lap 2	10.55	1:09:17	6:34	21	17:48	152	21:31	23.05	2:24:50	6:17	12	5:18	149	13:12
Lap 3	10.55	1:16:31	7:15	21	21:17	151	28:12	33.60	3:41:21	6:35	9	7:59	138	1:08:24
Last lap Finish	8.60	1:01:37	7:09	18	24:57	146	24:57	42.20	4:42:58	6:42	21	1:15:37	161	3:39:41