



8. Unter-Tage-Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Henning, Torsten

Club: JK Running  
 Number: 126

Course: 21.10 km  
 Halbmarathon

Category:  
 Männer M45

Total time: 2:12:13

Speed: 9.53 km/h  
 Running performance: 6:16 min/km

Rank in course/Total: 21 (of 61)

Rank in course/Men: 21 (of 50)

Best time in course: 1:46:02

Rank in category: 5(of 8)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:18:13	6:15	5	5:43	21	14:03	12.50	1:18:13	6:15	5	5:43	45	
Last lap Finish	8.60	54:00	6:16	4	6:04	21	12:08	21.10	2:12:13	6:15	5	11:47	21	26:11