



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Mertinat, Holger

Club: Frankfurt
Number: 214

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:43:07

Speed: 8.90 km/h
Running performance: 6:43 min/km

Rank in course/Total: 154 (of 292)

Rank in course/Men: 147 (of 267)

Best time in course: 3:13:29

Rank in category: 30(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.	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	1:17:27	6:11	32	20:37	156	23:35	12.50	1:17:27	6:11	6		145	9:12
Lap 2	10.55	1:08:01	6:26	28	18:43	139	20:15	23.05	2:25:28	6:18	7		151	13:50
Lap 3	10.55	1:13:54	7:00	23	20:30	123	25:35	33.60	3:39:22	6:31	8		140	1:06:25
Last lap Finish	8.60	1:03:45	7:24	32	22:09	169	27:05	42.20	4:43:07	6:42	32	1:21:01	163	3:39:50