



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Mittelsdorf, Mark

Club: Infanterieschule Hammelburg
Number: 223

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:50:41

Speed: 8.67 km/h
Running performance: 6:53 min/km

Rank in course/Total: 175 (of 292)

Rank in course/Men: 163 (of 267)

Best time in course: 3:13:29

Rank in category: 33(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:17:00	6:09	28	20:10	146	23:08	12.50	1:17:00	6:09	9		161	8:45
Lap 2	10.55	1:11:51	6:48	38	22:33	185	24:05	23.05	2:28:51	6:27	10		167	17:13
Lap 3	10.55	1:20:08	7:35	34	26:44	180	31:49	33.60	3:48:59	6:48	11		135	1:16:02
Last lap Finish	8.60	1:01:42	7:10	26	20:06	148	25:02	42.20	4:50:41	6:53	35	1:28:35	179	3:47:24