



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Mämecke, Maik

Club: Rennsteiglaufverein
Number: 206

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:51:23

Speed: 8.65 km/h
Running performance: 6:55 min/km

Rank in course/Total: 178 (of 292)

Rank in course/Men: 166 (of 267)

Best time in course: 3:13:29

Rank in category: 43(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	12.50	1:19:29	6:21	44	24:47	174	25:37	12.50	1:19:29	6:21	15	4:30	164	11:14
Lap 2	10.55	1:09:39	6:36	41	20:03	159	21:53	23.05	2:29:08	6:28	15	3:20	170	17:30
Lap 3	10.55	1:16:31	7:15	39	20:41	151	28:12	33.60	3:45:39	6:42	1	-	159	1:12:42
Last lap Finish	8.60	1:05:44	7:38	44	25:05	184	29:04	42.20	4:51:23	6:54	47	3:48:06	182	3:48:06