



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

Detailed evaluation

Makiola, Hans-Edgar

Club: Magdeburger LaufKultur 08 e.V.
 Number: 205

Course: 21.10 km
 Halbmarathon

Category:
 Männer M35

Total time: 2:17:21

Speed: 9.17 km/h
 Running performance: 6:31 min/km

Rank in course/Total: 24 (of 61)

Rank in course/Men: 24 (of 50)

Best time in course: 1:46:02

Rank in category: 8(of 12)

Best time in the category: 1:46:02

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	1:17:52	6:13	6	13:42	20	13:42	12.50	1:17:52	6:13	8	13:42	48	
Last lap Finish	8.60	59:29	6:55	9	17:37	29	17:37	21.10	2:17:21	6:30	8	31:19	24	31:19