



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Dunn, Carsten

Club: Lüneburg
Number: 69

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:52:27

Speed: 8.62 km/h
Running performance: 6:56 min/km

Rank in course/Total: 183 (of 292)

Rank in course/Men: 171 (of 267)

Best time in course: 3:13:29

Rank in category: 19(of 24)

Best time in the category: 3:33:12

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	1:17:07	6:10	18	18:34	149	23:15	12.50	1:17:07	6:10	5	5:03	156	8:52
Lap 2	10.55	1:09:19	6:34	20	17:58	154	21:33	23.05	2:26:26	6:21	5	9:48	175	14:48
Lap 3	10.55	1:28:35	8:23	20	32:26	220	40:16	33.60	3:55:01	6:59	4	25:33	163	1:22:04
Last lap Finish	8.60	57:26	6:40	14	12:17	110	20:46	42.20	4:52:27	6:55	21	1:47:56	187	3:49:10