



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Beintner, Michael

Club: Spirit of Küssnacht
Number: 21

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 4:52:52

Speed: 8.60 km/h
Running performance: 6:56 min/km

Rank in course/Total: 184 (of 292)

Rank in course/Men: 172 (of 267)

Best time in course: 3:13:29

Rank in category: 15(of 26)

Best time in the category: 3:26:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:21:27	6:30	18	21:01	198	27:35	12.50	1:21:27	6:30	12	5:07	170	13:12
Lap 2	10.55	1:09:27	6:34	12	18:07	156	21:41	23.05	2:30:54	6:32	12	1:18	112	19:16
Lap 3	10.55	1:16:56	7:17	13	23:14	158	28:37	33.60	3:47:50	6:46	10		164	1:14:53
Last lap Finish	8.60	1:05:02	7:33	16	26:28	175	28:22	42.20	4:52:52	6:56	16	1:30:06	188	3:49:35