



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Hennig, Rene

Club: Potsdamer RG
Number: 125

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:56:02

Speed: 8.51 km/h
Running performance: 7:01 min/km

Rank in course/Total: 189 (of 292)

Rank in course/Men: 177 (of 267)

Best time in course: 3:13:29

Rank in category: 37(of 57)

Best time in the category: 3:37:52

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	1:18:18	6:15	31	18:53	163	24:26	12.50	1:18:18	6:15	13	-	176	10:03
Lap 2	10.55	1:11:27	6:46	37	16:27	181	23:41	23.05	2:29:45	6:29	13	-	182	18:07
Lap 3	10.55	1:20:41	7:38	38	32:22	185	32:22	33.60	3:50:26	6:51	1	-	167	1:17:29
Last lap Finish	8.60	1:05:36	7:37	41	22:56	181	28:56	42.20	4:56:02	7:00	41	1:45:01	194	3:52:45