



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Steinbrecher, Diethard

Club: 100 Marathonclub Deutschland
Number: 373

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 5:04:23

Speed: 8.28 km/h
Running performance: 7:13 min/km

Rank in course/Total: 208 (of 292)

Rank in course/Men: 196 (of 267)

Best time in course: 3:13:29

Rank in category: 5(of 10)

Best time in the category: 3:13:29

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	1:28:21	7:04	9	34:29	243	34:29	12.50	1:28:21	7:04	3	11:09	195	20:06
Lap 2	10.55	1:15:06	7:07	5	27:20	211	27:20	23.05	2:43:27	7:05	5	1:01:49	201	31:49
Lap 3	10.55	1:19:35	7:32	6	28:16	177	31:16	33.60	4:03:02	7:13	4	1:30:05	179	1:30:05
Last lap Finish	8.60	1:01:21	7:08	4	20:49	145	24:41	42.20	5:04:23	7:12	6	3:39:44	213	4:01:06