



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Flues, Michael

Club: LaufTeam TSV Waldenbuch
Number: 83

Course: 42.20 km
Marathon

Category:
Männer M55

Total time: 5:08:52

Speed: 8.16 km/h
Running performance: 7:19 min/km

Rank in course/Total: 214 (of 292)

Rank in course/Men: 201 (of 267)

Best time in course: 3:13:29

Rank in category: 6(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	12.50	1:19:38	6:22	4	25:46	177	25:46	12.50	1:19:38	6:22	4	2:26	200	11:23
Lap 2	10.55	1:11:26	6:46	4	23:40	180	23:40	23.05	2:31:04	6:33	6	49:26	206	19:26
Lap 3	10.55	1:19:06	7:29	5	27:47	174	30:47	33.60	3:50:10	6:51	5	1:17:13	174	1:17:13
Last lap Finish	8.60	1:18:42	9:09	9	38:10	247	42:02	42.20	5:08:52	7:19	7	3:44:13	218	4:05:35