



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Lehmann, Carsten

Club: ASV Ringen Plauen
Number: 196

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 5:10:47

Speed: 8.11 km/h
Running performance: 7:22 min/km

Rank in course/Total: 216 (of 292)

Rank in course/Men: 203 (of 267)

Best time in course: 3:13:29

Rank in category: 42(of 50)

Best time in the category: 3:22:06

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	1:17:14	6:10	31	20:24	154	23:22	12.50	1:17:14	6:10	19		202	8:59
Lap 2	10.55	1:13:54	7:00	43	24:36	204	26:08	23.05	2:31:08	6:33	20		208	19:30
Lap 3	10.55	1:27:51	8:19	42	34:27	217	39:32	33.60	3:58:59	7:06	47	7:27	237	1:26:02
Last lap Finish	8.60	1:11:48	8:20	42	30:12	215	35:08	42.20	5:10:47	7:21	45	1:48:41	220	4:07:30