



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Günther, Steffen

Club: Mühlau
Number: 108

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 5:26:03

Speed: 7.73 km/h
Running performance: 7:44 min/km

Rank in course/Total: 243 (of 292)

Rank in course/Men: 225 (of 267)

Best time in course: 3:13:29

Rank in category: 55(of 64)

Best time in the category: 3:25:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:17:36	6:12	39	22:54	158	23:44	12.50	1:17:36	6:12	27	2:37	224	9:21
Lap 2	10.55	1:08:24	6:29	37	18:48	146	20:38	23.05	2:26:00	6:20	27	0:12	230	14:22
Lap 3	10.55	1:20:32	7:38	47	24:42	184	32:13	33.60	3:46:32	6:44	23	0:53	200	1:13:35
Last lap Finish	8.60	1:39:31	11:34	64	58:52	265	1:02:51	42.20	5:26:03	7:43	59	4:22:46	242	4:22:46