



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Spät, Stefan

Club: Giessen
Number: 365

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 5:27:51

Speed: 7.69 km/h
Running performance: 7:46 min/km

Rank in course/Total: 246 (of 292)

Rank in course/Men: 228 (of 267)

Best time in course: 3:13:29

Rank in category: 26(of 31)

Best time in the category: 3:32:55

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	1:29:04	7:07	31	32:14	247	35:12	12.50	1:29:04	7:07	5	17:15	227	20:49
Lap 2	10.55	1:18:59	7:29	28	27:30	237	31:13	23.05	2:48:03	7:17	5	28:31	233	36:25
Lap 3	10.55	1:26:32	8:12	27	31:18	211	38:13	33.60	4:14:35	7:34	4	41:13	203	1:41:38
Last lap Finish	8.60	1:13:16	8:31	26	36:36	220	36:36	42.20	5:27:51	7:46	28	2:00:30	245	4:24:34