



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Majek, Jaroslaw**

Club: KB Maniac Poznan  
Number: 204

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 5:33:12

Speed: 7.56 km/h  
Running performance: 7:54 min/km

Rank in course/Total: 250 (of 292)

Rank in course/Men: 232 (of 267)

Best time in course: 3:13:29

Rank in category: 57(of 64)

Best time in the category: 3:25:37

## Intermediate times

## Stage score

## Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:21:35	6:31	49	26:53	199	27:43	12.50	1:21:35	6:31	29	6:36	231	13:20
Lap 2	10.55	1:17:51	7:22	57	28:15	229	30:05	23.05	2:39:26	6:55	29	13:38	237	27:48
Lap 3	10.55	1:36:44	9:10	58	40:54	243	48:25	33.60	4:16:10	7:37	25	30:31	207	1:43:13
Last lap Finish	8.60	1:17:02	8:57	61	36:23	241	40:22	42.20	5:33:12	7:53	61	4:29:55	249	4:29:55