



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Staack, Andreas

Club: Henstedt-Ulzburg
Number: 369

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 5:40:06

Speed: 7.41 km/h
Running performance: 8:04 min/km

Rank in course/Total: 261 (of 292)

Rank in course/Men: 241 (of 267)

Best time in course: 3:13:29

Rank in category: 24(of 26)

Best time in the category: 3:26:30

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	1:30:50	7:15	24	30:24	251	36:58	12.50	1:30:50	7:15	3	14:30	240	22:35
Lap 2	10.55	1:24:12	7:58	25	32:52	255	36:26	23.05	2:55:02	7:35	3	25:26	244	43:24
Lap 3	10.55	1:30:04	8:32	21	36:22	225	41:45	33.60	4:25:06	7:53	3	36:41	215	1:52:09
Last lap Finish	8.60	1:15:00	8:43	23	36:26	230	38:20	42.20	5:40:06	8:03	25	2:17:20	258	4:36:49