



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Müller, Hans-Heiko

Club: Hamburg
 Number: 233

Course: 42.20 km
 Marathon

Category:
 Männer M45

Total time: 6:09:19

Speed: 6.82 km/h
 Running performance: 8:45 min/km

Rank in course/Total: 274 (of 292)

Rank in course/Men: 250 (of 267)

Best time in course: 3:13:29

Rank in category: 53(of 57)

Best time in the category: 3:37:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:30:56	7:16	53	31:31	252	37:04	12.50	1:30:56	7:16	29	11:22	249	22:41
Lap 2	10.55	1:28:09	8:21	57	33:09	262	40:23	23.05	2:59:05	7:46	28	29:18	251	47:27
Lap 3	10.55	1:47:46	10:12	53	59:27	250	59:27	33.60	4:46:51	8:32	24	56:25	224	2:13:54
Last lap Finish	8.60	1:22:28	9:35	54	39:48	255	45:48	42.20	6:09:19	8:45	57	2:58:18	267	5:06:02