



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

Detailed evaluation

Siefken, Stefan

Club: www.wardenburger-sommerlauf.de
 Number: 359

Course: 21.10 km
 Halbmarathon

Category:
 Männer M40

Total time: 2:33:44

Speed: 8.20 km/h
 Running performance: 7:17 min/km

Rank in course/Total: 41 (of 61)

Rank in course/Men: 38 (of 50)

Best time in course: 1:46:02

Rank in category: 9(of 11)

Best time in the category: 1:59:16

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	1:32:45	7:25	9	21:40	42	28:35	12.50	1:32:45	7:25	9	21:40	13		
Last lap Finish	8.60	1:00:59	7:05	7	12:48	32	19:07	21.10	2:33:44	7:17	9	34:28	38	47:42	