



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

Detailed evaluation

**Beintner, Markus**

Club: Spirit of Küsnacht  
 Number: 20

Course: 21.10 km  
 Halbmarathon

Category:  
 Männer M40

Total time: 2:59:41

Speed: 7.01 km/h  
 Running performance: 8:31 min/km

Rank in course/Total: 61 (of 61)

Rank in course/Men: 50 (of 50)

Best time in course: 1:46:02

Rank in category: 11(of 11)

Best time in the category: 1:59:16

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	1:41:23	8:06	11	30:18	49	37:13	12.50	1:41:23	8:06	11	30:18	25	5:47
Last lap Finish	8.60	1:18:18	9:06	11	30:07	50	36:26	21.10	2:59:41	8:30	11	1:00:25	50	1:13:39