



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Luef, Manuel

Club: Pinggau
Number: 203

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 3:44:18

Speed: 11.23 km/h
Running performance: 5:19 min/km

Rank in course/Total: 12 (of 292)

Rank in course/Men: 12 (of 267)

Best time in course: 3:13:29

Rank in category: 2(of 31)

Best time in the category: 3:32:55

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	56:50	4:32	1	-	4	2:58	12.50	56:50	4:32	29		253	
Lap 2	10.55	53:43	5:05	2	2:14	14	5:57	23.05	1:50:33	4:47	28		16	
Lap 3	10.55	1:01:26	5:49	5	6:12	31	13:07	33.60	2:51:59	5:07	26		12	19:02
Last lap Finish	8.60	52:19	6:05	6	15:39	58	15:39	42.20	3:44:18	5:18	3	16:57	19	2:41:01