



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schaad, Marco

Club: LG Matzendorf
Number: 304

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 3:44:25

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

Rank in course/Total: 13 (of 292)

Rank in course/Men: 13 (of 267)

Best time in course: 3:13:29

Rank in category: 3(of 24)

Best time in the category: 3:33:12

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	58:33	4:41	1	-	9	4:41	12.50	58:33	4:41	21		256	
Lap 2	10.55	54:17	5:08	5	2:56	17	6:31	23.05	1:52:50	4:53	22		17	
Lap 3	10.55	1:02:43	5:56	6	6:34	41	14:24	33.60	2:55:33	5:13	21		226	22:36
Last lap Finish	8.60	48:52	5:40	3	3:43	32	12:12	42.20	3:44:25	5:19	4	39:54	20	2:41:08