



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

Detailed evaluation

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Club: BP GAS  
 Number: 149

Course: 42.20 km  
 Marathon

Category:  
 Männer M40

Total time: 3:49:34

Speed: 10.98 km/h  
 Running performance: 5:26 min/km

Rank in course/Total: 22 (of 292)

Rank in course/Men: 22 (of 267)

Best time in course: 3:13:29

Rank in category: 6(of 64)

Best time in the category: 3:25:37

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	1:02:18	4:59	4	7:36	20	8:26	12.50	1:02:18	4:59	37		15	
Lap 2	10.55	58:35	5:33	7	8:59	37	10:49	23.05	2:00:53	5:14	61		256	
Lap 3	10.55	1:02:16	5:54	12	6:26	40	13:57	33.60	3:03:09	5:27	32		18	30:12
Last lap Finish	8.60	46:25	5:23	6	5:46	17	9:45	42.20	3:49:34	5:26	7	2:46:17	30	2:46:17