



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Pommer, Mario

Club: Meddys LWT Koblenz
Number: 269

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 3:49:53

Speed: 10.96 km/h
Running performance: 5:27 min/km

Rank in course/Total: 23 (of 292)

Rank in course/Men: 23 (of 267)

Best time in course: 3:13:29

Rank in category: 5(of 50)

Best time in the category: 3:22:06

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	1:07:36	5:24	9	10:46	38	13:44	12.50	1:07:36	5:24	28			16	
Lap 2	10.55	57:13	5:25	5	7:55	26	9:27	23.05	2:04:49	5:24	50			260	
Lap 3	10.55	58:32	5:32	3	5:08	18	10:13	33.60	3:03:21	5:27	28			19	30:24
Last lap Finish	8.60	46:32	5:24	3	4:56	19	9:52	42.20	3:49:53	5:26	5	27:47		31	2:46:36