



6. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 13.09.2009

Detailed evaluation

Sprick, Ralf

Club: SV Tegau

Number: 1061

Course: 32.40 km

3/4-Marathon

Category:

Männer M45

Total time: 2:54:41

Speed: 11.13 km/h

Running performance: 05:23 min/km

Rank in course/Total: 10 (of 31)

Rank in course/Men: 10 (of 25)

Best time in course: 2:27:36

Rank in category: 1(of 3)

Best time in the category: 2:54:41

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
Durchlauf	21.10	1:50:51	5:15	1	-	10	17:07	21.10	1:50:51	5:15	1	-	16	17:07
Ziel Lauf	11.30	1:03:50	5:38	1	-	10	10:49	32.40	2:54:41	5:23	1	-	10	27:05