



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

Detailed evaluation

Traeger, Ralf

Club: Großbeeren
 Number: 386

Course: 42.20 km
 Marathon

Category:
 Männer M40

Total time: 4:01:15

Speed: 10.45 km/h
 Running performance: 5:43 min/km

Rank in course/Total: 41 (of 292)

Rank in course/Men: 41 (of 267)

Best time in course: 3:13:29

Rank in category: 13(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	1:11:03	5:41	17	16:21	68	17:11	12.50	1:11:03	5:41	46		36	2:48
Lap 2	10.55	1:02:04	5:52	19	12:28	70	14:18	23.05	2:13:07	5:46	43		41	1:29
Lap 3	10.55	1:00:35	5:44	7	4:45	26	12:16	33.60	3:13:42	5:45	38		35	40:45
Last lap Finish	8.60	47:33	5:31	9	6:54	24	10:53	42.20	4:01:15	5:43	16	2:57:58	53	2:57:58