



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Gerbach, Ronny

Club: SC Impuls Erfurt
Number: 439

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:04:48

Speed: 10.29 km/h
Running performance: 5:48 min/km

Rank in course/Total: 48 (of 292)

Rank in course/Men: 47 (of 267)

Best time in course: 3:13:29

Rank in category: 7(of 24)

Best time in the category: 3:33:12

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
Lap 1	12.50	1:10:24	5:37	9	11:51	63	16:32	12.50	1:10:24	5:37	17		42	2:09
Lap 2	10.55	1:00:53	5:46	9	9:32	55	13:07	23.05	2:11:17	5:41	17		47	
Lap 3	10.55	1:03:29	6:01	7	7:20	45	15:10	33.60	3:14:46	5:47	16		41	41:49
Last lap Finish	8.60	50:02	5:49	4	4:53	38	13:22	42.20	4:04:48	5:48	9	1:00:17	59	3:01:31