



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Regeler, Karl-Heinz

Club: Berlin
Number: 282

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:18:43

Speed: 9.74 km/h
Running performance: 6:08 min/km

Rank in course/Total: 72 (of 292)

Rank in course/Men: 70 (of 267)

Best time in course: 3:13:29

Rank in category: 20(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	1:18:21	6:16	42	23:39	165	24:29	12.50	1:18:21	6:16	54	3:22	68	10:06
Lap 2	10.55	1:04:22	6:06	23	14:46	91	16:36	23.05	2:22:43	6:11	56		73	11:05
Lap 3	10.55	1:04:53	6:09	14	9:03	49	16:34	33.60	3:27:36	6:10	51		64	54:39
Last lap Finish	8.60	51:07	5:56	18	10:28	47	14:27	42.20	4:18:43	6:07	24	3:15:26	85	3:15:26