



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Windisch, Ralf**

Club: Therme LT Böblingen  
Number: 425

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 4:22:13

Speed: 9.61 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 78 (of 292)

Rank in course/Men: 76 (of 267)

Best time in course: 3:13:29

Rank in category: 21(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	12.50	1:15:07	6:00	31	20:25	120	21:15	12.50	1:15:07	6:00	55	0:08	74	6:52
Lap 2	10.55	1:06:01	6:15	28	16:25	116	18:15	23.05	2:21:08	6:07	55		79	9:30
Lap 3	10.55	1:10:00	6:38	25	14:10	88	21:41	33.60	3:31:08	6:17	50		70	58:11
Last lap Finish	8.60	51:05	5:56	16	10:26	45	14:25	42.20	4:22:13	6:12	25	3:18:56	91	3:18:56