



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Ryter, Christian

Club: Basel / CH
Number: 302

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:27:10

Speed: 9.43 km/h
Running performance: 6:20 min/km

Rank in course/Total: 92 (of 292)

Rank in course/Men: 89 (of 267)

Best time in course: 3:13:29

Rank in category: 16(of 57)

Best time in the category: 3:37:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	12.50	1:21:41	6:32	41	22:16	202	27:49	12.50	1:21:41	6:32	47	2:07	87	13:26
Lap 2	10.55	1:07:18	6:22	24	12:18	127	19:32	23.05	2:28:59	6:27	46		92	17:21
Lap 3	10.55	1:06:30	6:18	9	18:11	56	18:11	33.60	3:35:29	6:24	45		83	1:02:32
Last lap Finish	8.60	51:41	6:00	9	9:01	53	15:01	42.20	4:27:10	6:19	20	1:16:09	104	3:23:53