



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Ruppert, Ralf**

Club: Lg Oelde/Wadersloh  
Number: 300

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 4:29:00

Speed: 9.37 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 101 (of 292)

Rank in course/Men: 97 (of 267)

Best time in course: 3:13:29

Rank in category: 25(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:13:05	5:50	23	18:23	98	19:13	12.50	1:13:05	5:50	59		95	4:50
Lap 2	10.55	1:07:58	6:26	33	18:22	138	20:12	23.05	2:21:03	6:07	51		100	9:25
Lap 3	10.55	1:12:32	6:52	29	16:42	111	24:13	33.60	3:33:35	6:21	46		91	1:00:38
Last lap Finish	8.60	55:25	6:26	25	14:46	89	18:45	42.20	4:29:00	6:22	29	3:25:43	112	3:25:43