



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Welsch, Alexander

Club: Magdeburg
Number: 412

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:32:55

Speed: 9.23 km/h
Running performance: 6:28 min/km

Rank in course/Total: 112 (of 292)

Rank in course/Men: 107 (of 267)

Best time in course: 3:13:29

Rank in category: 19(of 50)

Best time in the category: 3:22:06

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	1:11:00	5:40	17	14:10	67	17:08	12.50	1:11:00	5:40	44		106	2:45
Lap 2	10.55	1:04:26	6:06	21	15:08	93	16:40	23.05	2:15:26	5:52	44		111	3:48
Lap 3	10.55	1:15:21	7:08	28	21:57	142	27:02	33.60	3:30:47	6:16	42		100	57:50
Last lap Finish	8.60	1:02:08	7:13	28	20:32	153	25:28	42.20	4:32:55	6:28	21	1:10:49	123	3:29:38