



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 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	1:11:00	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