



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Ruck, Günther

Club: ETSV Lauda
Number: 296

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 4:33:09

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

Rank in course/Total: 113 (of 292)

Rank in course/Men: 108 (of 267)

Best time in course: 3:13:29

Rank in category: 8(of 26)

Best time in the category: 3:26:30

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	1:20:40	6:27	16	20:14	189	26:48	12.50	1:20:40	6:27	19	4:20	107	12:25
Lap 2	10.55	1:10:14	6:39	13	18:54	166	22:28	23.05	2:30:54	6:32	12	1:18	112	19:16
Lap 3	10.55	1:10:18	6:39	6	16:36	91	21:59	33.60	3:41:12	6:34	17		101	1:08:15
Last lap Finish	8.60	51:57	6:02	5	13:23	55	15:17	42.20	4:33:09	6:28	9	1:10:23	124	3:29:52