



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Nentwich, Rolf

Club: Lübbecker Berglöwen
Number: 234

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:36:13

Speed: 9.12 km/h
Running performance: 6:33 min/km

Rank in course/Total: 124 (of 292)

Rank in course/Men: 119 (of 267)

Best time in course: 3:13:29

Rank in category: 30(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	1:08:54	5:30	11	14:12	51	15:02	12.50	1:08:54	5:30	2		11	0:39
Lap 2	10.55	1:01:59	5:52	17	12:23	68	14:13	23.05	2:10:53	5:40	2		123	
Lap 3	10.55	1:09:47	6:36	24	13:57	85	21:28	33.60	3:20:40	5:58	2		112	47:43
Last lap Finish	8.60	1:15:33	8:47	59	34:54	236	38:53	42.20	4:36:13	6:32	34	3:32:56	135	3:32:56