



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schneiders, Ralf

Club: Lauffreunde HADI Wesel
 Number: 331

Course: 21.10 km
 Halbmarathon

Category:
 Männer M40

Total time: 2:11:25

Speed: 9.59 km/h
 Running performance: 6:14 min/km

Rank in course/Total: 19 (of 61)

Rank in course/Men: 19 (of 50)

Best time in course: 1:46:02

Rank in category: 5(of 11)

Best time in the category: 1:59:16

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	1:16:46	6:08	5	5:41	19	12:36	12.50	1:16:46	6:08	5	5:41	43	
Last lap Finish	8.60	54:39	6:21	5	6:28	22	12:47	21.10	2:11:25	6:13	5	12:09	19	25:23