



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Blumensaat, Roland

Club: Nürnberg
Number: 33

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 4:42:40

Speed: 8.92 km/h
Running performance: 6:42 min/km

Rank in course/Total: 149 (of 292)

Rank in course/Men: 142 (of 267)

Best time in course: 3:13:29

Rank in category: 11(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.	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	1:22:15	6:34	20	21:49	207	28:23	12.50	1:22:15	6:34	16	5:55	141	14:00
Lap 2	10.55	1:12:32	6:52	18	21:12	195	24:46	23.05	2:34:47	6:42	16	5:11	146	23:09
Lap 3	10.55	1:14:12	7:01	11	20:30	133	25:53	33.60	3:48:59	6:48	14	0:34	135	1:16:02
Last lap Finish	8.60	53:41	6:14	7	15:07	74	17:01	42.20	4:42:40	6:41	12	1:19:54	158	3:39:23