



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Reinhard-Miltz, Gerhard

Club: Kreuzlingen/ CH
Number: 285

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 4:44:01

Speed: 8.87 km/h
Running performance: 6:44 min/km

Rank in course/Total: 156 (of 292)

Rank in course/Men: 148 (of 267)

Best time in course: 3:13:29

Rank in category: 12(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	1:19:32	6:21	14	19:06	175	25:40	12.50	1:19:32	6:21	15	3:12	146	11:17
Lap 2	10.55	1:10:37	6:41	14	19:17	168	22:51	23.05	2:30:09	6:30	15	0:33	152	18:31
Lap 3	10.55	1:15:06	7:07	12	21:24	140	26:47	33.60	3:45:15	6:42	13		141	1:12:18
Last lap Finish	8.60	58:46	6:50	13	20:12	127	22:06	42.20	4:44:01	6:43	13	1:21:15	164	3:40:44