



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Rump, Eckhard

Club: LG Oelde/Wadersloh
Number: 299

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:50:20

Speed: 8.68 km/h
Running performance: 6:53 min/km

Rank in course/Total: 174 (of 292)

Rank in course/Men: 162 (of 267)

Best time in course: 3:13:29

Rank in category: 34(of 57)

Best time in the category: 3:37:52

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	1:16:21	6:06	24	16:56	136	22:29	12.50	1:16:21	6:06	10		160	8:06
Lap 2	10.55	1:13:59	7:00	41	18:59	206	26:13	23.05	2:30:20	6:31	10	0:33	166	18:42
Lap 3	10.55	1:18:04	7:23	35	29:45	163	29:45	33.60	3:48:24	6:47	10		155	1:15:27
Last lap Finish	8.60	1:01:56	7:12	32	19:16	152	25:16	42.20	4:50:20	6:52	38	1:39:19	178	3:47:03