



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Rusek, Stanislaw

Club: Poznan
Number: 371

Course: 42.20 km
Marathon

Category:
Männer M50

Total time: 4:50:50

Speed: 8.66 km/h
Running performance: 6:53 min/km

Rank in course/Total: 176 (of 292)

Rank in course/Men: 164 (of 267)

Best time in course: 3:13:29

Rank in category: 14(of 26)

Best time in the category: 3:26:30

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	1:15:16	6:01	9	14:50	125	21:24	12.50	1:15:16	6:01	13		162	7:01
Lap 2	10.55	1:07:37	6:24	11	16:17	130	19:51	23.05	2:22:53	6:11	13		168	11:15
Lap 3	10.55	1:20:17	7:36	17	26:35	183	31:58	33.60	3:43:10	6:38	11		157	1:10:13
Last lap Finish	8.60	1:07:40	7:52	17	29:06	195	31:00	42.20	4:50:50	6:53	15	1:28:04	180	3:47:33