



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Raulf, Martin

Club: Stolpertruppe Winsen
Number: 281

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 4:51:46

Speed: 8.64 km/h
Running performance: 6:55 min/km

Rank in course/Total: 180 (of 292)

Rank in course/Men: 168 (of 267)

Best time in course: 3:13:29

Rank in category: 35(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. | 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 | 1:21:24 | 6:30 | 39 | 21:59 | 197 | 27:32 | 12.50 | 1:21:24 | 6:30 | 11 | 1:50 | 166 | 13:09 |
| Lap 2 | 10.55 | 1:11:14 | 6:45 | 36 | 16:14 | 178 | 23:28 | 23.05 | 2:32:38 | 6:37 | 11 | 2:51 | 172 | 21:00 |
| Lap 3 | 10.55 | 1:16:32 | 7:15 | 33 | 28:13 | 153 | 28:13 | 33.60 | 3:49:10 | 6:49 | 11 | | 160 | 1:16:13 |
| Last lap Finish | 8.60 | 1:02:36 | 7:16 | 33 | 19:56 | 157 | 25:56 | 42.20 | 4:51:46 | 6:54 | 39 | 1:40:45 | 184 | 3:48:29 |