



# 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.	Pos Men	Behind Men	Total		Total		Total		Total	
								km	Time	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	