



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schiefelbein, Ronny-Nico

Club: ALG VfL BOKEL
Number: 307

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 5:33:45

Speed: 7.55 km/h
Running performance: 7:55 min/km

Rank in course/Total: 251 (of 292)

Rank in course/Men: 233 (of 267)

Best time in course: 3:13:29

Rank in category: 28(of 31)

Best time in the category: 3:32:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	12.50	1:11:26	5:42	11	14:36	72	17:34	12.50	1:11:26	5:42	3		232	3:11
Lap 2	10.55	1:13:36	6:58	24	22:07	202	25:50	23.05	2:25:02	6:17	3	5:30	238	13:24
Lap 3	10.55	1:39:57	9:28	28	44:43	246	51:38	33.60	4:04:59	7:17	29	31:37	250	1:32:02
Last lap Finish	8.60	1:28:46	10:19	30	52:06	260	52:06	42.20	5:33:45	7:54	30	2:06:24	250	4:30:28