



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Riedel, Roland

Club: Adler-Langlauf Bottrop
Number: 289

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:39:19

Speed: 7.43 km/h
Running performance: 8:02 min/km

Rank in course/Total: 256 (of 292)

Rank in course/Men: 238 (of 267)

Best time in course: 3:13:29

Rank in category: 49(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	1:32:25	7:23	54	33:00	253	38:33	12.50	1:32:25	7:23	25	12:51	237	24:10
Lap 2	10.55	1:22:23	7:48	52	27:23	247	34:37	23.05	2:54:48	7:35	57	25:01	262	43:10
Lap 3	10.55	1:31:07	8:38	49	42:48	233	42:48	33.60	4:25:55	7:54	20	35:29	212	1:52:58
Last lap Finish	8.60	1:13:24	8:32	47	30:44	224	36:44	42.20	5:39:19	8:02	53	2:28:18	255	4:36:02