



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Gerlach, Olaf

Club: TV Werne 03
Number: 96

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 5:46:28

Speed: 7.27 km/h
Running performance: 8:13 min/km

Rank in course/Total: 267 (of 292)

Rank in course/Men: 244 (of 267)

Best time in course: 3:13:29

Rank in category: 59(of 64)

Best time in the category: 3:25:37

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	1:27:10	6:58	60	32:28	240	33:18	12.50	1:27:10	6:58	31	12:11	243	18:55
Lap 2	10.55	1:28:14	8:21	62	38:38	263	40:28	23.05	2:55:24	7:36	31	29:36	246	43:46
Lap 3	10.55	1:38:03	9:17	59	42:13	245	49:44	33.60	4:33:27	8:08	27	47:48	218	2:00:30
Last lap Finish	8.60	1:13:01	8:29	52	32:22	218	36:21	42.20	5:46:28	8:12	63	4:43:11	261	4:43:11