



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Hilbers, Ralf

Club: SV Neptun Waldbrunn
Number: 130

Course: 21.10 km
Halbmarathon

Category:
Männer M35

Total time: 2:23:05

Speed: 8.81 km/h
Running performance: 6:47 min/km

Rank in course/Total: 34 (of 61)

Rank in course/Men: 32 (of 50)

Best time in course: 1:46:02

Rank in category: 9(of 12)

Best time in the category: 1:46:02

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	12.50	1:24:17	6:44	9	20:07	33	20:07	12.50	1:24:17	6:44	9	20:07	7	
Last lap Finish	8.60	58:48	6:50	8	16:56	27	16:56	21.10	2:23:05	6:46	9	37:03	32	37:03