



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Gläser, Kay-Olaf

Club: ESV Lok Berlin-Schöneweide
 Number: 98

Course: 21.10 km
 Halbmarathon

Category:
 Männer M50

Total time: 2:54:18

Speed: 7.23 km/h
 Running performance: 8:16 min/km

Rank in course/Total: 60 (of 61)

Rank in course/Men: 49 (of 50)

Best time in course: 1:46:02

Rank in category: 10(of 10)

Best time in the category: 1:59:20

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	1:44:56	8:23	10	33:54	50	40:46	12.50	1:44:56	8:23	10	33:54	24	9:20
Last lap Finish	8.60	1:09:22	8:03	10	21:05	44	27:30	21.10	2:54:18	8:15	10	54:58	49	1:08:16