



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Hauch, Rainer

Club: LSV Basel
Number: 117

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 3:25:37

Speed: 12.26 km/h
Running performance: 4:52 min/km

Rank in course/Total: 3 (of 292)

Rank in course/Men: 3 (of 267)

Best time in course: 3:13:29

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	54:42	4:22	1	-	2	0:50	12.50	54:42	4:22	62		251	
Lap 2	10.55	49:36	4:42	1	-	3	1:50	23.05	1:44:18	4:31	48		7	
Lap 3	10.55	56:19	5:20	2	0:29	10	8:00	33.60	2:40:37	4:46	3		3	7:40
Last lap Finish	8.60	45:00	5:13	3	4:21	13	8:20	42.20	3:25:37	4:52	2	2:22:20	9	2:22:20