



## 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

### Detailed evaluation

**Amborn, Ulrich**

Club: LG Offenbach

Number: 3

Course: 42.20 km

Marathon

Category:

Männer M50

Total time: 3:26:30

Speed: 12.20 km/h

Running performance: 4:53 min/km

Rank in course/Total: 4 (of 292)

Rank in course/Men: 4 (of 267)

Best time in course: 3:13:29

Rank in category: 1(of 26)

Best time in the category: 3:26:30

### 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	1:00:28	4:50	2	0:02	17	6:36	12.50	1:00:28	4:50	26		5	
Lap 2	10.55	52:04	4:56	2	0:44	10	4:18	23.05	1:52:32	4:52	26		8	
Lap 3	10.55	55:24	5:15	2	1:42	6	7:05	33.60	2:47:56	4:59	12		4	14:59
Last lap Finish	8.60	38:34	4:29	1	-	2	1:54	42.20	3:26:30	4:53	2	3:44	10	2:23:13