



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Walgers, Arien**

Club: Dasseler SC  
Number: 401

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 3:44:32

Speed: 11.22 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 14 (of 292)

Rank in course/Men: 14 (of 267)

Best time in course: 3:13:29

Rank in category: 2(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	1:01:35	4:55	3	6:53	18	7:43	12.50	1:01:35	4:55	63		261	
Lap 2	10.55	54:21	5:09	2	4:45	18	6:35	23.05	1:55:56	5:01	60		252	
Lap 3	10.55	59:40	5:39	6	3:50	23	11:21	33.60	2:55:36	5:13	54		227	22:39
Last lap Finish	8.60	48:56	5:41	13	8:17	33	12:16	42.20	3:44:32	5:19	3	2:41:15	21	2:41:15