



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Hein, Michael

Club: Kolding Motion/ DK
Number: 142

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:13:20

Speed: 9.95 km/h
Running performance: 6:00 min/km

Rank in course/Total: 59 (of 305)

Rank in course/Men: 57 (of 279)

Best time in course: 3:13:29

Rank in category: 7(of 29)

Best time in the category: 3:37:02

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
1. Runde	10.55	54:22	5:09	6	7:55	38	11:22	10.55	54:22	5:09	22		69	2:43
2. Runde	10.55	57:15	5:25	5	5:59	30	10:57	21.10	1:51:37	5:17	22		68	12:51
3. Runde	10.55	1:05:24	6:11	9	10:46	64	16:26	31.65	2:57:01	5:35	22		60	26:57
Finish	10.55	1:16:19	7:14	11	19:35	98	1:15:47	42.20	4:13:20	6:00	9	36:18	70	2:43:37