



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Höflich, Heiko

Club: LG Oerlinghausen
Number: 166

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:16:52

Speed: 9.81 km/h
Running performance: 6:05 min/km

Rank in course/Total: 66 (of 305)

Rank in course/Men: 64 (of 279)

Best time in course: 3:13:29

Rank in category: 15(of 36)

Best time in the category: 3:17:20

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
1. Runde	10.55	56:17	5:20	14	12:49	58	13:17	10.55	56:17	5:20	33		77	4:38
2. Runde	10.55	1:03:55	6:03	21	17:37	97	17:37	21.10	2:00:12	5:41	33		76	21:26
3. Runde	10.55	1:06:28	6:18	16	17:30	70	17:30	31.65	3:06:40	5:53	33		67	36:36
Finish	10.55	1:10:12	6:39	13	17:20	64	1:09:40	42.20	4:16:52	6:05	15	59:32	78	2:47:09