



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Hiecke, Jörg

Club: ForumTeam
Number: 152

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:17:42

Speed: 9.83 km/h
Running performance: 6:07 min/km

Rank in course/Total: 68 (of 305)

Rank in course/Men: 66 (of 279)

Best time in course: 3:13:29

Rank in category: 10(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	56:15	5:19	9	9:48	56	13:15	10.55	56:15	5:19	19		79	4:36
2. Runde	10.55	59:14	5:36	8	7:58	43	12:56	21.10	1:55:29	5:28	19		78	16:43
3. Runde	10.55	1:05:14	6:10	7	10:36	61	16:16	31.65	3:00:43	5:42	19		69	30:39
Finish	10.55	1:16:59	7:17	12	20:15	105	1:16:27	42.20	4:17:42	6:06	12	40:40	80	2:47:59