



7. Unter-Tage Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Münch, Heiko

Club: Sc impuls erfurt
 Number: 240

Course: 42.20 km
 Marathon

Category:
 Männer M40

Total time: 4:22:03

Speed: 9.62 km/h
 Running performance: 6:13 min/km

Rank in course/Total: 73 (of 305)

Rank in course/Men: 71 (of 279)

Best time in course: 3:13:29

Rank in category: 20(of 71)

Best time in the category: 3:26:46

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	57:32	5:27	20	13:19	80	14:32	10.55	57:32	5:27	68		84	5:53
2. Runde	10.55	1:01:58	5:52	19	11:47	74	15:40	21.10	1:59:30	5:39	68		83	20:44
3. Runde	10.55	1:08:30	6:29	22	15:15	81	19:32	31.65	3:08:00	5:56	66		74	37:56
Finish	10.55	1:14:03	7:01	27	1:13:23	89	1:13:31	42.20	4:22:03	6:12	23	1:06:56	85	2:52:20