



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Heym, Matthias

Club: Neubiberg
Number: 151

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 4:47:58

Speed: 8.75 km/h
Running performance: 6:49 min/km

Rank in course/Total: 136 (of 305)

Rank in course/Men: 132 (of 279)

Best time in course: 3:13:29

Rank in category: 9(of 18)

Best time in the category: 3:42:16

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 | 59:22 | 5:37 | 11 | 13:32 | 103 | 16:22 | 10.55 | 59:22 | 5:37 | 8 | 2:29 | 148 | 7:43 |
| 2. Runde | 10.55 | 1:07:34 | 6:24 | 11 | 14:37 | 122 | 21:16 | 21.10 | 2:06:56 | 6:00 | 8 | 8:29 | 147 | 28:10 |
| 3. Runde | 10.55 | 1:16:36 | 7:15 | 14 | 21:17 | 159 | 27:38 | 31.65 | 3:23:32 | 6:25 | 10 | 1:40 | 135 | 53:28 |
| Finish | 10.55 | 1:24:26 | 8:00 | 13 | 1:23:54 | 168 | 1:23:54 | 42.20 | 4:47:58 | 6:49 | 12 | 3:18:15 | 149 | 3:18:15 |