



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Björn, Heiko

Club: MLK 08

Number: 48

Course: 42.20 km

Marathon

Category:

Männer M40

Total time: 4:48:07

Speed: 8.75 km/h

Running performance: 6:50 min/km

Rank in course/Total: 140 (of 305)

Rank in course/Men: 135 (of 279)

Best time in course: 3:13:29

Rank in category: 37(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	1:03:10	5:59	38	18:57	147	20:10	10.55	1:03:10	5:59	14		151	11:31
2. Runde	10.55	1:10:30	6:40	47	20:19	163	24:12	21.10	2:13:40	6:20	14		150	34:54
3. Runde	10.55	1:13:09	6:56	37	19:54	125	24:11	31.65	3:26:49	6:32	15		138	56:45
Finish	10.55	1:21:18	7:42	42	1:20:38	138	1:20:46	42.20	4:48:07	6:49	41	1:33:00	151	3:18:24