



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Heidebrecht, Hans-Jürgen

Club: SV-Langwedel
Number: 122

Course: 42.20 km
Marathon

Category:
Männer M20

Total time: 4:00:05

Speed: 10.50 km/h
Running performance: 5:41 min/km

Rank in course/Total: 36 (of 292)

Rank in course/Men: 36 (of 267)

Best time in course: 3:13:29

Rank in category: 6(of 31)

Best time in the category: 3:32:55

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	
Lap 1	12.50	1:07:16	5:22	7	10:26	32	13:24	12.50	1:07:16	5:22	25			31	
Lap 2	10.55	59:23	5:37	8	7:54	46	11:37	23.05	2:06:39	5:29	25			37	
Lap 3	10.55	1:01:14	5:48	4	6:00	29	12:55	33.60	3:07:53	5:35	22			31	34:56
Last lap Finish	8.60	52:12	6:04	5	15:32	56	15:32	42.20	4:00:05	5:41	8	32:44		48	2:56:48