



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Björn, Heiko

Club: Magdeburger -Laufkultur 08
Number: 31

Course: 42.20 km
Marathon

Category:
Männer M40

Total time: 4:41:26

Speed: 8.95 km/h
Running performance: 6:40 min/km

Rank in course/Total: 143 (of 292)

Rank in course/Men: 136 (of 267)

Best time in course: 3:13:29

Rank in category: 35(of 64)

Best time in the category: 3:25:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	12.50	1:17:50	6:13	41	23:08	161	23:58	12.50	1:17:50	6:13	7	2:51	135	9:35
Lap 2	10.55	1:10:11	6:39	42	20:35	165	22:25	23.05	2:28:01	6:25	7	2:13	140	16:23
Lap 3	10.55	1:15:52	7:11	37	20:02	144	27:33	33.60	3:43:53	6:39	7		129	1:10:56
Last lap Finish	8.60	57:33	6:41	29	16:54	112	20:53	42.20	4:41:26	6:40	39	3:38:09	152	3:38:09