



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BJÖRN, Heiko

Club: Magdeburger-Laufkultur 08
Number: 23

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:29:16

Speed: 9.39 km/h
Running performance: 6:23 min/km

Rank in course/Total: 105 (of 289)

Rank in course/Men: 101 (of 261)

Best time in course: 3:20:36

Rank in category: 21(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	33:44	6:24	39	10:21	184	11:22	5.27	33:44	6:24	47	2:04	111	
Lap 2	5.27	35:10	6:40	42	10:33	204	11:44	10.54	1:08:54	6:32	2	4:12	92	
Lap 3	5.27	36:31	6:55	41	11:10	212	12:53	15.81	1:45:25	6:40	46	4:45	106	
Lap 4	5.27	37:52	7:11	45	11:02	214	13:14	21.08	2:23:17	6:47	39	6:14	93	11:37
Lap 5	5.27	30:25	5:46	7	2:47	53	5:06	26.35	2:53:42	6:35	44		99	50:53
Lap 6	5.27	30:22	5:45	4	2:10	38	4:31	31.62	3:24:04	6:27	39		86	55:18
Lap 7	5.27	32:34	6:10	8	4:23	45	6:27	36.89	3:56:38	6:24	44		95	1:01:45
Last lap Finish	5.27	32:38	6:11	6	4:15	43	6:55	42.16	4:29:16	6:23	22	3:08:30	111	4:02:29