



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Björn, Heiko

Club: Magdeburger LaufKultur 08
Number: 28

Course: 21.08 km
Halbmarathon

Category:
Männer M45

Total time: 2:10:01

Speed: 9.69 km/h
Running performance: 6:10 min/km

Rank in course/Total: 11 (of 64)

Rank in course/Men: 11 (of 53)

Best time in course: 1:47:19

Rank in category: 2(of 11)

Best time in the category: 1:54:47

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
Runde	5.27	31:09	5:54	2	3:41	9	5:11	5.27	31:09	5:54	2	3:41	34	
Runde	5.27	31:05	5:53	2	1:54	10	4:54	10.54	1:02:14	5:54	2	5:35	34	
Runde	5.27	32:04	6:05	3	2:31	13	4:45	15.81	1:34:18	5:57	2	8:06	34	
Runde	5.27	35:43	6:46	4	7:08	20	35:15	21.08	2:10:01	6:10	2	15:14	11	22:42