



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Koch, Heico

Club: Berlin
Number: 186

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:09:23

Speed: 10.10 km/h
Running performance: 5:55 min/km

Rank in course/Total: 55 (of 311)

Rank in course/Men: 51 (of 279)

Best time in course: 3:02:44

Rank in category: 12(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	29:21	5:34	13	6:35	66	7:38	5.27	29:21	5:34	44		37	
Runde	5.27	28:40	5:26	13	4:59	52	6:57	10.54	58:01	5:30	43		52	14:35
Runde	5.27	29:36	5:37	15	4:53	58	7:21	15.81	1:27:37	5:32	43		52	21:56
Runde	5.27	29:53	5:40	14	4:07	52	7:05	21.08	1:57:30	5:34	43		52	29:01
Runde	5.27	30:20	5:45	13	3:50	41	7:44	26.35	2:27:50	5:36	43		52	36:45
Runde	5.27	31:39	6:00	10	3:30	43	9:07	31.62	2:59:29	5:40	43		52	45:52
Runde	5.27	32:46	6:13	9	4:19	41	9:34	36.89	3:32:15	5:45	43		51	55:26
Runde	5.27	37:08	7:02	25	10:08	94	21:23	42.16	4:09:23	5:54	13	3:16:01	57	3:16:01