



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HECKING, Sven

Club: CaBa`s CaBaNauTeN
Number: 109

Course: 31.62 km
3/4 Marathon

Category:
Männer M35

Total time: 4:11:21

Speed: 7.55 km/h
Running performance: 7:57 min/km

Rank in course/Total: 19 (of 23)

Rank in course/Men: 19 (of 21)

Best time in course: 2:26:37

Rank in category: 3(of 3)

Best time in the category: 3:20:02

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	34:32	6:33	3	3:25	16	12:54	5.27	34:32	6:33	3	3:25	5	1:07
Lap 2	5.27	34:24	6:31	3	4:02	15	11:59	10.54	1:08:56	6:32	3	7:27	3	21:47
Lap 3	5.27	35:53	6:48	3	4:44	15	12:33	15.81	1:44:49	6:37	3	12:11	5	5:44
Lap 4	5.27	40:11	7:37	3	7:12	20	15:40	21.08	2:25:00	6:52	3	19:23	5	10:04
Lap 5	5.27	43:55	8:20	3	9:04	18	18:54	26.35	3:08:55	7:10	3	28:27	5	17:11
Last lap Finish	5.27	1:02:26	11:50	3	23:07	19	32:44	31.62	4:11:21	7:56	3	51:19	19	1:44:44