



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**HIECKE, Jörg**

Club: ForumTeam  
Number: 120

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 4:27:31

Speed: 9.42 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 101 (of 289)

Rank in course/Men: 97 (of 261)

Best time in course: 3:20:36

Rank in category: 19(of 31)

Best time in the category: 3:22:43

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	28:38	5:25	17	5:01	66	6:16	5.27	28:38	5:25	14	1:27	107	
Lap 2	5.27	29:06	5:31	15	4:33	75	5:40	10.54	57:44	5:28	11	2:34	89	
Lap 3	5.27	29:14	5:32	13	4:56	65	5:36	15.81	1:26:58	5:30	14	2:26	102	
Lap 4	5.27	29:48	5:39	13	5:09	57	5:10	21.08	1:56:46	5:32	12	2:22	90	
Lap 5	5.27	33:20	6:19	17	7:54	105	8:01	26.35	2:30:06	5:41	12	4:19	95	27:17
Lap 6	5.27	36:19	6:53	20	10:28	130	10:28	31.62	3:06:25	5:53	31	28:24	240	37:39
Lap 7	5.27	40:43	7:43	22	14:32	158	14:36	36.89	3:47:08	6:09	11	6:58	91	52:15
Last lap Finish	5.27	40:23	7:39	19	14:19	143	14:40	42.16	4:27:31	6:20	19	1:04:48	107	4:00:44