



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ZIMMERMANN, Jörg

Club: Halberstadt
Number: 419

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:44:49

Speed: 8.85 km/h
Running performance: 6:46 min/km

Rank in course/Total: 154 (of 289)

Rank in course/Men: 148 (of 261)

Best time in course: 3:20:36

Rank in category: 34(of 55)

Best time in the category: 3:28:58

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	32:46	6:13	34	9:33	152	10:24	5.27	32:46	6:13	9		158	
Lap 2	5.27	33:19	6:19	38	8:49	176	9:53	10.54	1:06:05	6:16	51		241	
Lap 3	5.27	34:52	6:36	41	10:15	187	11:14	15.81	1:40:57	6:23	8	10:45	153	
Lap 4	5.27	36:39	6:57	45	11:38	200	12:01	21.08	2:17:36	6:31	6		121	5:56
Lap 5	5.27	36:39	6:57	38	10:21	174	11:20	26.35	2:54:15	6:36	9		146	51:26
Lap 6	5.27	36:56	7:00	30	9:21	137	11:05	31.62	3:31:11	6:40	8	12:00	132	1:02:25
Lap 7	5.27	37:40	7:08	25	9:09	109	11:33	36.89	4:08:51	6:44	7		132	1:13:58
Last lap Finish	5.27	35:58	6:49	21	8:20	89	10:15	42.16	4:44:49	6:45	36	3:07:36	158	4:18:02