



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**HEYDEMANN, Ulrich**

Club: Trisport Erding  
Number: 119

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 3:54:04

Speed: 10.81 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 32 (of 289)

Rank in course/Men: 32 (of 261)

Best time in course: 3:20:36

Rank in category: 10(of 55)

Best time in the category: 3:28:58

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	30:22	5:45	20	7:09	101	8:00	5.27	30:22	5:45	40		40	
Lap 2	5.27	28:05	5:19	12	3:35	54	4:39	10.54	58:27	5:32	34		38	
Lap 3	5.27	27:31	5:13	9	2:54	32	3:53	15.81	1:25:58	5:26	38		35	
Lap 4	5.27	28:16	5:21	9	3:15	33	3:38	21.08	1:54:14	5:25	35		34	
Lap 5	5.27	28:46	5:27	8	2:28	31	3:27	26.35	2:23:00	5:25	36		29	20:11
Lap 6	5.27	29:57	5:40	11	2:22	35	4:06	31.62	2:52:57	5:28	37		32	24:11
Lap 7	5.27	30:50	5:51	10	2:19	26	4:43	36.89	3:23:47	5:31	34		25	28:54
Last lap Finish	5.27	30:17	5:44	6	2:39	19	4:34	42.16	3:54:04	5:33	12	2:16:51	41	3:27:17