



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MAKIOLA, Hans-Edgar

Club: Magdeburger LaufKultur 08
Number: 216

Course: 21.08 km
Halbmarathon

Category:
Männer M40

Total time: 2:04:20

Speed: 10.13 km/h
Running performance: 5:54 min/km

Rank in course/Total: 7 (of 53)

Rank in course/Men: 6 (of 39)

Best time in course: 1:49:45

Rank in category: 3(of 10)

Best time in the category: 2:01:34

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	29:36	5:37	3	0:37	5	4:00	5.27	29:36	5:37	2	0:36	25	
Lap 2	5.27	29:57	5:40	3	0:25	5	3:59	10.54	59:33	5:38	2	1:01	23	
Lap 3	5.27	31:23	5:57	3	0:36	7	3:41	15.81	1:30:56	5:45	2	1:33	24	
Last lap Finish	5.27	33:24	6:20	3	2:20	7	3:43	21.08	2:04:20	5:53	3	2:46	6	14:35