



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HENNING, Stefan

Club: Dortmund
Number: 116

Course: 21.08 km
Halbmarathon

Category:
Männer M20

Total time: 2:10:41

Speed: 9.64 km/h
Running performance: 6:12 min/km

Rank in course/Total: 11 (of 53)

Rank in course/Men: 10 (of 39)

Best time in course: 1:49:45

Rank in category: 3(of 4)

Best time in the category: 2:02:08

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	31:05	5:53	2	0:02	10	5:29	5.27	31:05	5:53	1	-	24	
Lap 2	5.27	31:07	5:54	1	-	10	5:09	10.54	1:02:12	5:54	3		34	
Lap 3	5.27	32:45	6:12	3	2:34	10	5:03	15.81	1:34:57	6:00	3	2:34	28	
Last lap Finish	5.27	35:44	6:46	3	5:59	11	6:03	21.08	2:10:41	6:11	3	8:33	10	20:56