



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ZIMMERMANN, Jörg

Club: Hannover 96
Number: 420

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:36:58

Speed: 9.10 km/h
Running performance: 6:34 min/km

Rank in course/Total: 130 (of 289)

Rank in course/Men: 126 (of 261)

Best time in course: 3:20:36

Rank in category: 23(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	31:39	6:00	24	9:17	134	9:17	5.27	31:39	6:00	5		136	
Lap 2	5.27	31:06	5:54	23	7:40	128	7:40	10.54	1:02:45	5:57	8	1:00	95	
Lap 3	5.27	32:21	6:08	25	8:43	143	8:43	15.81	1:35:06	6:00	5		131	
Lap 4	5.27	32:55	6:14	23	7:53	130	8:17	21.08	2:08:01	6:04	39		247	
Lap 5	5.27	34:51	6:36	24	8:42	138	9:32	26.35	2:42:52	6:10	5		124	40:03
Lap 6	5.27	37:13	7:03	25	10:42	145	11:22	31.62	3:20:05	6:19	3		110	51:19
Lap 7	5.27	39:40	7:31	26	12:01	150	13:33	36.89	3:59:45	6:29	5		119	1:04:52
Last lap Finish	5.27	37:13	7:03	19	10:36	109	11:30	42.16	4:36:58	6:34	26	3:11:05	136	4:10:11