



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HELD, Christoph

Club: TuS 13 Hembsen
Number: 112

Course: 21.08 km
Halbmarathon

Category:
Männer M35

Total time: 2:38:07

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 38 (of 53)

Rank in course/Men: 27 (of 39)

Best time in course: 1:49:45

Rank in category: 5(of 7)

Best time in the category: 1:55:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	5.27	37:11	7:03	7	9:21	31	11:35	5.27	37:11	7:03	4	9:21	5		
Lap 2	5.27	38:29	7:18	6	10:03	32	12:31	10.54	1:15:40	7:10	4	19:24	6	1:03	
Lap 3	5.27	40:29	7:40	6	11:21	29	12:47	15.81	1:56:09	7:20	4	30:45	6	0:29	
Last lap Finish	5.27	41:58	7:57	4	12:17	26	12:17	21.08	2:38:07	7:30	5	43:02	27	48:22	