



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HINKEL, Friedrich

Club: TV-Lemberg
Number: 123

Course: 21.08 km
Halbmarathon

Category:
Männer M70

Total time: 2:45:41

Speed: 7.63 km/h
Running performance: 7:52 min/km

Rank in course/Total: 46 (of 53)

Rank in course/Men: 34 (of 39)

Best time in course: 1:49:45

Rank in category: 1(of 1)

Best time in the category: 2:45:41

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	40:18	7:38	1	-	38	14:42	5.27	40:18	7:38	1	-	13	2:26
Lap 2	5.27	41:04	7:47	1	-	38	15:06	10.54	1:21:22	7:43	1	-	14	6:45
Lap 3	5.27	41:11	7:48	1	-	33	13:29	15.81	2:02:33	7:45	1	-	13	6:53
Last lap Finish	5.27	43:08	8:11	1	-	28	13:27	21.08	2:45:41	7:51	1	-	34	55:56