



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NORGAARD, Michael

Club: Hasselager
Number: 251

Course: 21.08 km
Halbmarathon

Category:
Männer M40

Total time: 2:57:38

Speed: 7.09 km/h
Running performance: 8:26 min/km

Rank in course/Total: 51 (of 53)

Rank in course/Men: 38 (of 39)

Best time in course: 1:49:45

Rank in category: 10(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. | 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 | 38:59 | 7:23 | 8 | 10:00 | 34 | 13:23 | 5.27 | 38:59 | 7:23 | 8 | 9:59 | 7 | 1:07 |
| Lap 2 | 5.27 | 37:38 | 7:08 | 9 | 8:06 | 29 | 11:40 | 10.54 | 1:16:37 | 7:16 | 9 | 18:05 | 17 | 2:00 |
| Lap 3 | 5.27 | 43:51 | 8:19 | 9 | 13:04 | 37 | 16:09 | 15.81 | 2:00:28 | 7:37 | 10 | 31:05 | 15 | 4:48 |
| Last lap Finish | 5.27 | 57:10 | 10:50 | 10 | 26:06 | 39 | 27:29 | 21.08 | 2:57:38 | 8:25 | 10 | 56:04 | 38 | 1:07:53 |