



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: 7.12 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