



Hochschule für Angewandte Wissenschaften Hamburg
Hamburg University of Applied Sciences

Hamburg Marathon 2015 (english survey)

Welcome



Dear participants of the Hamburg Marathon,

Thank you very much for taking some minutes to fill out the following questions.

The Competence Center Health of the Hamburg University of Applied Sciences has prepared this short survey to research on your experience with running and the preparation for the marathon competition.

Please, read every question carefully and answer one question after another. The only thing you have to do is ticking the box of the corresponding answer. For some questions several answers are possible – if this is the case you will find a hint.

If you cannot answer or do not want to answer a question, just go ahead and skip this question.

We like to point out, that all data will be handled confidentially and that we ensure the anonymity of the collected data. It will be not possible to draw any conclusions from the data to a person. All regulations of German law regarding the protection of data privacy will be adhered. Your participation in this survey is of course absolutely voluntary.

Thank you very much for your support!

If you have any questions regarding the survey, please contact Prof. Dr. Adam: sibylle.adam@haw-hamburg.de.

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Competence Center Health
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Your agreement

<div style="background-color: #ccc; width: 20%; height: 15px;"></div>	20%
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* 1. Please note: when you fill out and post the questionnaire, you do agree with the digital storage and use of the collected data for scientific research purposes.

- No, I do not agree
- Yes, I agree

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Personal data

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At the beginning, we would like to know some personal data.

2. Your age:

3. What is your gender?

female

male

4. Your nationality is:

5. Your height (in cm):

6. Your weight (in kg):

7. What is your desired weight? (in kg)

8. At this time, you are a:

smoker

non-smoker

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Your running experience



9. How long have you been running marathon?

- less than a year
- more than 1 year, but less than 2 years
- 2 to 3 years
- more than 3 years

10. How many times do you practise per week within the 6-8 weeks before the marathon race - on average?

- 1-2x
- 3-4x
- 5-6x
- daily
- several times a day

11. How many times do you practise per week beyond the preparation for the marathon - on average?

- 1-2x
- 3-4x
- 5-6x
- daily
- several times a day

12. How many hours do you practise per week within the 6-8 week before the marathon race - on average?

- less than 3 hours
- 4-5 hours
- 6-7 hours
- 8-9 hours
- more than 10 hours

13. How many hours do you practise per week during the year beyond the preparation for the marathon race?

- less than 3 hours
- 4-5 hours
- 6-7 hours
- 8-9 hours
- more than 10 hours

14. Besides running - do you have other sports activities?

- No
- Strength training
- Stabilisation training
- Cycling (racing bike)
- Cycling (mountain bike)
- Swimming
- Hiking (in an athletic way)
- Windsurfing/Kiting
- Equestrian
- Soccer
- Others:

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15. In the following you can read some reasons why people are doing sports. Please declare to what extent the reason fits to your person.

	This does not apply to me at all	applies to me little	applies to me somewhat	applies to me	This applies to me completely
Because I want to stay fit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I enjoy it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I take care about my appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want to challeng my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want to lose weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want to improve my athletic performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want to sustain or improve my well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want to stay healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want to reduce stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want to keep in touch with others and want to be together with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. At a scale from 1 to 10: Regarding the upcoming marathon, how ambitious would you rate yourself?

- 1 (I'm not ambitious at all.)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (I'm very strong ambitious)

17. What is your personal aim regarding the upcoming marathon? (several answers are possible)

- To reach the finish line
- To improve my personal minimum time
- To reach a top-100-placing
- To win my age group
- Another aim:

18. How many marathon races did you participate within the last 12 month?

- 1-2
- 3-4
- 5-6
- >7

19. What is your personal best time for a marathon? (HH:MM:SS)

20. When did you reach this time? (Please name the year)

21. What time do strive for in Hamburg? (HH:MM:SS)

22. How many times (including this year) did you run the Hamburg marathon?

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Your nutrition



23. At a scale from 1 - 10: Please consider yourself - how good is your knowledge about a healthy nutrition?

- 1 (I do not know anything about a healthy nutrition at all)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (I know a lot about a healthy nutrition)

24. How would you describe your nutrition during the weeks before the upcoming marathon?

	It does not apply	It applies rarely	It applies somewhat	It applies	I cannot say
Low fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High in fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low carb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High carb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A low glycaemic index is preferred	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High in dietary fibre	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetarian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High protein	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Well balanced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Less sweets and snacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. How much does your nutrition differ between the time when you are training for an upcoming marathon and other times of the year?

- Not at all
- Rarely
- A little
- Clearly
- Very clearly

26. Do you use dietary supplements and if yes, how often?

	No, not at all	Yes, sometimes	Yes, regularly
Vitamin supplements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mineral nutrients supplements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Supplements that include vitamins as well as mineral nutrients (e.g. Orthomol)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Secondary plant compounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protein drinks / Protein shakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If others, which?

27. How many litres of water or similar drinks do you consume daily? (exclusive coffee, black tea, alcohol)

- Up to 1 litre
- 1-1.5 litres
- 1.5-2 litres
- 2-3 litres
- more than 3 litres

28. How often do you use special athletic beverages? (e.g. isotonic drinks or protein shakes, etc.)

- Daily
- Several times a week
- Only in special situations, e.g. during races or during/after intense training
- Seldom
- Never

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Body shape



29. How satisfied are you altogether with your body shape?

- Very satisfied
- Somewhat satisfied
- Somewhat dissatisfied
- Very dissatisfied

30. Irrespective of your satisfaction with your body shape, what do you think about your weight?

- Much too thin
- Somewhat too thin
- Just right
- Somewhat too fat
- Much too fat

31. And what do you think about your muscles?

- I have much too much muscles
- I have slightly too much muscles
- My muscles are just right
- I have slightly too few muscles
- I have much too few muscles

32. After the marathon race, do you allow us to contact you again in order to hear about your experience of the race? *Important Note: By entering your email-address you are giving up your anonymity. However, we are assuring explicitly that we will use your email only for the purpose of this scientific survey. The email-address will not be given to any third party and will not be mentioned in any publication. All data will be analyzed and results will be published in aggregated form so that nobody will know how provided which answers.*

No.

Yes, my email-address is:

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Finally some questions regarding your person:

33. What is the highest educational degree you have obtained?

- Secondary school (minimum 9 years)
- Secondary school (minimum 10 years)
- Polytechnical secondary school (10 years - before 1965: 8 years)
- Secondary school (minimum 12 years)
- General qualification for university entrance
- Left school without any school leaving certificate:
- any other school certificate

34. What is the highest occupational degree you have obtained?

- Advanced technical college certificate
- University degree (Diplom)
- Bachelor degree
- Master degree
- I'm still a student
- No degree/certificate

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What is your current occupation? (Please choose only one occupation of option 36-43 that fits to you. E.g.: If you are a lawyer, please choose only your option of question 36.)

35. I an/was a self-employed farmer or cooperative farmer...

- with an utilised agricultural area below 10ha
- with an utilised agricultural area of 10ha or more
- work/worked in a farmer's cooperative

36. I an/was an academic working independantly (e.g. physician, lawyer, tax counsellor or similar) and have/had...

- no further employees/business partner (family members not included)
- 1-4 employees/business partner(s)
- 5-9 employees
- am/was a member of a craftsmen's cooperative (in former German Democratic Republic)

37. I am/was self-employed in the field of trade, handcraft, industry, service industry or member of a craftsmen's cooperative (in the former German Democratic Republic) and have/had...

- no further employees/business partner (family members not included)
- 1-4 employees/partners
- 5-9 employees
- 10 or more employees
- Member of craftsmen's cooperative (in the former German Democratic Republic)

38. I am/was a public servant, a judge, a professional soldier, being employed as...

- public servant in ordinary service level (incl. "Oberamtsmeister")
- public servant in middle service level (up from assistant to Executive Secretary)
- public servant in advanced service level (insector up to "Oberamtsrat")
- public servant in the highest service level, lawyer ("Rat/Rätin" and higher)

39. I am/was an employee...

- carrying out tasks according to instructions (e.g. sales assistant, office worker, data entry operator)
- working according to instruction (e.g. clerk, accounting clerk, technical draftsman)
- work independently in an accountable position or with limited responsibility for staff (e.g. scientific assistant, authorised officer, head of department or foreman in an employed status)
- with comprehensive executive/managerial functions and authority to decide (e.g. director, chief executive officer, member of board of directors)

40. I am/was a labourer, being...

- unskilled
- semiskilled
- skilled labour
- foreman, group leader
- master craftsman, head mason, brigadier

41. I am undergoing professional education/traineeship...

- as a sales/technical trainee
- as a commercial/industrial trainee
- as a trainee in another field

42. I help/helped in the family

- Yes

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Now we would like to ask you about the monthly net household (total) income after deduction of taxes.

(This household income includes any salary, income, generated through self-employed work, pension etc., each after deduction of taxes and social insurance, Please also include any additional income generated through public or government aid, house rent, lease of property, child allowances, accommodation allowance, and other earnings)

43. My monthly net household income is...

- below 799€
- 800 to 1249€
- 1250 to 1749€
- 1750 to 2249€
- 2250 to 2999€
- 3000 to 3999€
- 4000 to 4999€
- above 5000€

Thank you very much for your support! We wish you a very nice and successful race! Have fun!

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