



Hochschule für Angewandte Wissenschaften Hamburg
Hamburg University of Applied Sciences

Post-Survey Hamburg Marathon

Welcome to the Post-Survey of the Hamburg Marathon 2015

Dear participants,

We hope that you have successfully finished the Hamburg Marathon and we are able to congratulate you on that.

Thank you for having entered our survey and we are happy that you agreed to take part in this post-survey.

The Competence Center Health of the University of Applied Sciences Hamburg has prepared a short questionnaire to complete the survey.

Please take time to answer the questions. You only need to click the box which applies to you. If you can pick several items, it is shown separately. In case that you do not want to or that you are not able to answer a question, skip it and go on to answer the next one.

We like to point out, that all data will be handled confidentially. 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.

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Your expectations

1. Have you reached your personal expectations regarding your target time?

- I have not reached my expectations.
- I have reached my expectations only partially.
- I have reached my expectations.
- I exceeded my expectations.

2. What was your finish time? (HH:MM:SS)



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Your preparation

3. At a scale from 1-10: How satisfied are you with your preparation for the Hamburg Marathon?

- 1 (very unsatisfied)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (very satisfied)

4. At which points of your preparations would you like to change something?

- Endurancetraining
- Pacetraining
- Alternative training (e.g. stabilisation training)
- Nutrition (during the last few days before the race)
- Nutrition (in general)
- Drinking habits

Others:

5. How did you manage your catering during the race?

- I have used (almost) every refreshing area.
- I have used the refreshing areas only partially.
- During the race I only ingested some water.
- During the race I ingested beverages with electrolytes.
- During the race I ingested beverages with caffeine (e.g. Coca-Cola, Energy-Drinks like Red Bull)
- I had supplements (e.g. Energygels)
- I did eat during the race (e.g. bananas).
- I had my own food with me (e.g. Bars)
- I had self-mixed beverages with me.

Others:



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Forecast and Motivation

6. Do you have plans to take part in an other marathon (or several marathons)?

- No.
- Yes, in 2015.
- Yes, but at the earliest next year.

Thank you very much for your support! We wish you the best for your future sportive goals!