



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Kristensen, Dan**

Club: Løbekompagniet  
Number: 186

Course: 42.20 km  
Marathon

Category:  
Männer M30

Total time: 4:29:04

Speed: 9.37 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 102 (of 292)

Rank in course/Men: 98 (of 267)

Best time in course: 3:13:29

Rank in category: 14(of 24)

Best time in the category: 3:33:12

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	12.50	1:11:04	5:41	10	12:31	69	17:12	12.50	1:11:04	5:41	10		97	2:49
Lap 2	10.55	1:02:08	5:53	10	10:47	71	14:22	23.05	2:13:12	5:46	10		102	1:34
Lap 3	10.55	1:11:40	6:47	13	15:31	97	23:21	33.60	3:24:52	6:05	9		92	51:55
Last lap Finish	8.60	1:04:12	7:27	20	19:03	172	27:32	42.20	4:29:04	6:22	16	1:24:33	114	3:25:47