



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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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