



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LARSEN, Kim

Club: Hjulbenet.dk
Number: 198

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 3:58:09

Speed: 10.58 km/h
Running performance: 5:39 min/km

Rank in course/Total: 40 (of 289)

Rank in course/Men: 40 (of 261)

Best time in course: 3:20:36

Rank in category: 6(of 50)

Best time in the category: 3:39:13

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	25:34	4:51	3	2:11	18	3:12	5.27	25:34	4:51	32		48	
Lap 2	5.27	26:31	5:01	4	1:54	25	3:05	10.54	52:05	4:56	26		46	
Lap 3	5.27	28:04	5:19	5	2:43	38	4:26	15.81	1:20:09	5:04	31		43	
Lap 4	5.27	28:50	5:28	6	2:00	43	4:12	21.08	1:48:59	5:10	24		42	
Lap 5	5.27	30:24	5:46	6	2:46	52	5:05	26.35	2:19:23	5:17	29		37	16:34
Lap 6	5.27	30:47	5:50	5	2:35	43	4:56	31.62	2:50:10	5:22	31		40	21:24
Lap 7	5.27	32:09	6:06	6	3:58	40	6:02	36.89	3:22:19	5:29	29		33	27:26
Last lap Finish	5.27	35:50	6:47	17	7:27	85	10:07	42.16	3:58:09	5:38	7	2:37:23	49	3:31:22