



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

CANINENBERG, Jens

Club: Heinade/Hellental
Number: 37

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:33:53

Speed: 9.20 km/h
Running performance: 6:30 min/km

Rank in course/Total: 122 (of 289)

Rank in course/Men: 118 (of 261)

Best time in course: 3:20:36

Rank in category: 21(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	5.27	30:00	5:41	19	7:38	91	7:38	5.27	30:00	5:41	3		128	
Lap 2	5.27	31:53	6:02	27	8:27	140	8:27	10.54	1:01:53	5:52	6	0:08	105	
Lap 3	5.27	32:57	6:15	29	9:19	156	9:19	15.81	1:34:50	5:59	3		123	
Lap 4	5.27	33:15	6:18	26	8:13	140	8:37	21.08	2:08:05	6:04	40		249	
Lap 5	5.27	34:30	6:32	22	8:21	135	9:11	26.35	2:42:35	6:10	3		116	39:46
Lap 6	5.27	36:18	6:53	21	9:47	129	10:27	31.62	3:18:53	6:17	2		103	50:07
Lap 7	5.27	38:00	7:12	18	10:21	113	11:53	36.89	3:56:53	6:25	3		112	1:02:00
Last lap Finish	5.27	37:00	7:01	16	10:23	99	11:17	42.16	4:33:53	6:29	24	3:08:00	128	4:07:06