



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NIELSEN, Jørgen Steen

Club: Guldborgsundlöberne

Number: 243

Course: 42.16 km

Marathon

Category:

Männer M40

Total time: 4:54:49

Speed: 8.58 km/h

Running performance: 6:59 min/km

Rank in course/Total: 185 (of 289)

Rank in course/Men: 173 (of 261)

Best time in course: 3:20:36

Rank in category: 42(of 55)

Best time in the category: 3:28:58

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	36:17	6:53	50	13:04	223	13:55	5.27	36:17	6:53	17	2:50	183	
Lap 2	5.27	35:13	6:40	46	10:43	205	11:47	10.54	1:11:30	6:47	15	2:57	135	
Lap 3	5.27	35:47	6:47	45	11:10	200	12:09	15.81	1:47:17	6:47	16	17:05	178	
Lap 4	5.27	36:20	6:53	44	11:19	195	11:42	21.08	2:23:37	6:48	1	-	142	11:57
Lap 5	5.27	36:55	7:00	40	10:37	177	11:36	26.35	3:00:32	6:51	17	5:53	170	57:43
Lap 6	5.27	38:18	7:16	38	10:43	166	12:27	31.62	3:38:50	6:55	16	19:39	148	1:10:04
Lap 7	5.27	38:53	7:22	30	10:22	130	12:46	36.89	4:17:43	6:59	15	7:13	152	1:22:50
Last lap Finish	5.27	37:06	7:02	24	9:28	103	11:23	42.16	4:54:49	6:59	44	3:17:36	184	4:28:02