



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

JAHNKE, Karl-Heinz

Club: Orsingen
Number: 144

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:49:05

Speed: 7.25 km/h
Running performance: 8:17 min/km

Rank in course/Total: 265 (of 289)

Rank in course/Men: 241 (of 261)

Best time in course: 3:20:36

Rank in category: 48(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	37:22	7:05	49	13:59	238	15:00	5.27	37:22	7:05	24	5:42	251	
Lap 2	5.27	37:11	7:03	49	12:34	234	13:45	10.54	1:14:33	7:04	19	9:51	185	
Lap 3	5.27	37:38	7:08	47	12:17	232	14:00	15.81	1:52:11	7:05	24	11:31	246	
Lap 4	5.27	40:12	7:37	48	13:22	240	15:34	21.08	2:32:23	7:13	21	15:20	204	20:43
Lap 5	5.27	44:59	8:32	47	17:21	243	19:40	26.35	3:17:22	7:29	22	16:39	225	1:14:33
Lap 6	5.27	47:24	8:59	47	19:12	241	21:33	31.62	4:04:46	7:44	24	26:02	220	1:36:00
Lap 7	5.27	49:57	9:28	47	21:46	238	23:50	36.89	4:54:43	7:59	22	29:07	217	1:59:50
Last lap Finish	5.27	54:22	10:18	50	25:59	244	28:39	42.16	5:49:05	8:16	49	4:28:19	252	5:22:18