



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**HILPERT, Jens**

Club: TUS Massenheim  
Number: 122

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 3:28:58

Speed: 12.06 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 3 (of 289)

Rank in course/Men: 3 (of 261)

Best time in course: 3:20:36

Rank in category: 1(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	23:13	4:24	1	-	2	0:51	5.27	23:13	4:24	31		10	
Lap 2	5.27	24:30	4:38	1	-	3	1:04	10.54	47:43	4:31	25		8	
Lap 3	5.27	24:37	4:40	1	-	5	0:59	15.81	1:12:20	4:34	29		6	
Lap 4	5.27	25:01	4:44	1	-	3	0:23	21.08	1:37:21	4:37	27		4	
Lap 5	5.27	26:18	4:59	1	-	6	0:59	26.35	2:03:39	4:41	2		3	0:50
Lap 6	5.27	27:42	5:15	2	0:07	10	1:51	31.62	2:31:21	4:47	52		3	2:35
Lap 7	5.27	29:01	5:30	2	0:30	10	2:54	36.89	3:00:22	4:53	48		224	5:29
Last lap Finish	5.27	28:36	5:25	2	0:58	12	2:53	42.16	3:28:58	4:57	3	1:51:45	11	3:02:11