



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

CHRISTIANSEN, Steen

Club: Sanofi aventis
Number: 39

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:29:17

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 8 (of 23)

Rank in course/Men: 8 (of 21)

Best time in course: 2:26:37

Rank in category: 2(of 5)

Best time in the category: 3:04:24

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	30:36	5:48	2	0:54	8	8:58	5.27	30:36	5:48	2	0:54	15	
Lap 2	5.27	29:27	5:35	1	-	6	7:02	10.54	1:00:03	5:41	2		15	12:54
Lap 3	5.27	30:44	5:49	2	0:33	7	7:24	15.81	1:30:47	5:44	2	0:19	14	
Lap 4	5.27	31:53	6:02	2	1:38	6	7:22	21.08	2:02:40	5:49	2	1:57	14	
Lap 5	5.27	40:32	7:41	4	9:16	15	15:31	26.35	2:43:12	6:11	2	11:13	12	
Last lap Finish	5.27	46:05	8:44	4	13:40	14	16:23	31.62	3:29:17	6:37	2	24:53	8	1:02:40