



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HAHN JENSEN, Jesper

Club: BP GAS

Number: 103

Course: 42.16 km

Marathon

Category:

Männer M40

Total time: 3:44:35

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 17 (of 289)

Rank in course/Men: 17 (of 261)

Best time in course: 3:20:36

Rank in category: 5(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	25:32	4:50	2	2:19	17	3:10	5.27	25:32	4:50	35		24	
Lap 2	5.27	25:07	4:45	2	0:37	9	1:41	10.54	50:39	4:48	29		22	
Lap 3	5.27	26:45	5:04	3	2:08	20	3:07	15.81	1:17:24	4:53	33		10	
Lap 4	5.27	26:47	5:04	3	1:46	18	2:09	21.08	1:44:11	4:56	30		18	
Lap 5	5.27	28:44	5:27	7	2:26	29	3:25	26.35	2:12:55	5:02	31		14	10:06
Lap 6	5.27	29:55	5:40	10	2:20	33	4:04	31.62	2:42:50	5:08	32		17	14:04
Lap 7	5.27	29:57	5:40	6	1:26	20	3:50	36.89	3:12:47	5:13	29		11	17:54
Last lap Finish	5.27	31:48	6:02	10	4:10	36	6:05	42.16	3:44:35	5:19	7	2:07:22	25	3:17:48