



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DOMMERMUTH, Jens

Club: DauerPower Ems
Number: 57

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 3:49:31

Speed: 10.98 km/h
Running performance: 5:26 min/km

Rank in course/Total: 26 (of 289)

Rank in course/Men: 26 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	28:47	5:27	11	6:25	70	6:25	5.27	28:47	5:27	28		33	
Lap 2	5.27	28:36	5:25	12	5:10	67	5:10	10.54	57:23	5:26	24		31	
Lap 3	5.27	28:12	5:21	10	4:34	47	4:34	15.81	1:25:35	5:24	26		28	
Lap 4	5.27	28:20	5:22	7	3:18	36	3:42	21.08	1:53:55	5:24	22		27	
Lap 5	5.27	28:28	5:24	5	2:19	23	3:09	26.35	2:22:23	5:24	23		23	19:34
Lap 6	5.27	27:52	5:17	2	1:21	11	2:01	31.62	2:50:15	5:23	23		26	21:29
Lap 7	5.27	29:09	5:31	2	1:30	14	3:02	36.89	3:19:24	5:24	21		19	24:31
Last lap Finish	5.27	30:07	5:42	4	3:30	18	4:24	42.16	3:49:31	5:26	7	2:23:38	34	3:22:44