



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**CHRISTOFFERSEN, Lars**

Club: Hjulbenet.dk  
Number: 40

Course: 42.16 km  
Marathon

Category:  
Männer M35

Total time: 3:55:47

Speed: 10.69 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 35 (of 289)

Rank in course/Men: 35 (of 261)

Best time in course: 3:20:36

Rank in category: 7(of 42)

Best time in the category: 3:29:26

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	28:45	5:27	10	6:23	68	6:23	5.27	28:45	5:27	31		43	
Lap 2	5.27	29:31	5:36	15	6:05	82	6:05	10.54	58:16	5:31	26		41	
Lap 3	5.27	30:16	5:44	16	6:38	84	6:38	15.81	1:28:32	5:35	29		38	
Lap 4	5.27	30:00	5:41	13	4:58	65	5:22	21.08	1:58:32	5:37	25		37	
Lap 5	5.27	29:24	5:34	9	3:15	39	4:05	26.35	2:27:56	5:36	26		32	25:07
Lap 6	5.27	30:01	5:41	8	3:30	37	4:10	31.62	2:57:57	5:37	26		35	29:11
Lap 7	5.27	29:36	5:37	3	1:57	18	3:29	36.89	3:27:33	5:37	24		28	32:40
Last lap Finish	5.27	28:14	5:21	2	1:37	9	2:31	42.16	3:55:47	5:35	10	2:29:54	44	3:29:00