



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KAAS, Mikkel

Club: Dansk Supermarked A/S
Number: 154

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 3:58:58

Speed: 10.59 km/h
Running performance: 5:40 min/km

Rank in course/Total: 41 (of 289)

Rank in course/Men: 41 (of 261)

Best time in course: 3:20:36

Rank in category: 8(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	28:55	5:29	14	6:33	77	6:33	5.27	28:55	5:29	9		44	
Lap 2	5.27	28:27	5:23	11	5:01	63	5:01	10.54	57:22	5:26	27		47	
Lap 3	5.27	28:05	5:19	5	4:27	40	4:27	15.81	1:25:27	5:24	30		44	
Lap 4	5.27	28:42	5:26	10	3:40	41	4:04	21.08	1:54:09	5:24	26		43	
Lap 5	5.27	28:45	5:27	7	2:36	30	3:26	26.35	2:22:54	5:25	27		38	20:05
Lap 6	5.27	30:57	5:52	11	4:26	44	5:06	31.62	2:53:51	5:29	27		41	25:05
Lap 7	5.27	32:00	6:04	8	4:21	39	5:53	36.89	3:25:51	5:34	25		34	30:58
Last lap Finish	5.27	33:07	6:17	9	6:30	49	7:24	42.16	3:58:58	5:40	11	2:33:05	50	3:32:11