



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PREBEN, Nygaard

Club: Kolding Motion
Number: 280

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:44:58

Speed: 8.84 km/h
Running performance: 6:46 min/km

Rank in course/Total: 155 (of 289)

Rank in course/Men: 149 (of 261)

Best time in course: 3:20:36

Rank in category: 14(of 32)

Best time in the category: 3:20:36

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	36:34	6:56	25	12:31	226	14:12	5.27	36:34	6:56	28	0:15	59	
Lap 2	5.27	34:34	6:33	21	10:20	196	11:08	10.54	1:11:08	6:44	18	22:47	55	
Lap 3	5.27	34:47	6:36	21	10:16	186	11:09	15.81	1:45:55	6:41	28	2:05	54	
Lap 4	5.27	35:40	6:46	20	11:02	187	11:02	21.08	2:21:35	6:42	27	3:58	52	9:55
Lap 5	5.27	35:44	6:46	16	10:25	161	10:25	26.35	2:57:19	6:43	26	2:26	47	54:30
Lap 6	5.27	32:44	6:12	8	6:47	69	6:53	31.62	3:30:03	6:38	19		51	1:01:17
Lap 7	5.27	34:47	6:36	8	8:40	72	8:40	36.89	4:04:50	6:38	26		43	1:09:57
Last lap Finish	5.27	40:08	7:36	13	14:25	138	14:25	42.16	4:44:58	6:45	15	3:23:25	159	4:18:11