



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

OLSEN, Jesper

Club: Dänemark
Number: 253

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:09:52

Speed: 10.09 km/h
Running performance: 5:56 min/km

Rank in course/Total: 59 (of 289)

Rank in course/Men: 57 (of 261)

Best time in course: 3:20:36

Rank in category: 12(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	26:22	5:00	4	4:00	32	4:00	5.27	26:22	5:00	36		67	
Lap 2	5.27	25:50	4:54	3	2:24	20	2:24	10.54	52:12	4:57	30		63	
Lap 3	5.27	26:34	5:02	3	2:56	18	2:56	15.81	1:18:46	4:58	34		31	
Lap 4	5.27	26:31	5:01	3	1:29	15	1:53	21.08	1:45:17	4:59	18		59	
Lap 5	5.27	30:48	5:50	12	4:39	60	5:29	26.35	2:16:05	5:09	31		55	13:16
Lap 6	5.27	34:34	6:33	15	8:03	102	8:43	31.62	2:50:39	5:23	31		56	21:53
Lap 7	5.27	38:09	7:14	19	10:30	115	12:02	36.89	3:28:48	5:39	29		51	33:55
Last lap Finish	5.27	41:04	7:47	27	14:27	152	15:21	42.16	4:09:52	5:55	15	2:43:59	67	3:43:05