



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KIRKELUND, Vagn

Club: Dansk Supermarked
Number: 166

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:16:05

Speed: 9.84 km/h
Running performance: 6:04 min/km

Rank in course/Total: 76 (of 289)

Rank in course/Men: 72 (of 261)

Best time in course: 3:20:36

Rank in category: 16(of 55)

Best time in the category: 3:28:58

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	30:37	5:48	22	7:24	106	8:15	5.27	30:37	5:48	46		82	
Lap 2	5.27	31:34	5:59	29	7:04	135	8:08	10.54	1:02:11	5:53	48		216	
Lap 3	5.27	30:30	5:47	19	5:53	92	6:52	15.81	1:32:41	5:51	44	2:29	77	
Lap 4	5.27	31:34	5:59	20	6:33	95	6:56	21.08	2:04:15	5:53	48		228	
Lap 5	5.27	31:46	6:01	15	5:28	78	6:27	26.35	2:36:01	5:55	42		70	33:12
Lap 6	5.27	34:42	6:35	22	7:07	105	8:51	31.62	3:10:43	6:01	42		67	41:57
Lap 7	5.27	32:49	6:13	12	4:18	46	6:42	36.89	3:43:32	6:03	40		66	48:39
Last lap Finish	5.27	32:33	6:10	11	4:55	42	6:50	42.16	4:16:05	6:04	18	2:38:52	82	3:49:18