



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

JENSEN, Ib

Club: Kolding Motion
Number: 147

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:28:55

Speed: 9.41 km/h
Running performance: 6:23 min/km

Rank in course/Total: 102 (of 289)

Rank in course/Men: 98 (of 261)

Best time in course: 3:20:36

Rank in category: 9(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	34:32	6:33	19	10:29	199	12:10	5.27	34:32	6:33	8		108	
Lap 2	5.27	33:23	6:20	17	9:09	178	9:57	10.54	1:07:55	6:26	13	19:34	90	
Lap 3	5.27	33:09	6:17	12	8:38	158	9:31	15.81	1:41:04	6:23	23		103	
Lap 4	5.27	32:57	6:15	10	8:19	131	8:19	21.08	2:14:01	6:21	22		91	2:21
Lap 5	5.27	33:13	6:18	8	7:54	98	7:54	26.35	2:47:14	6:20	21		96	44:25
Lap 6	5.27	34:20	6:30	11	8:23	97	8:29	31.62	3:21:34	6:22	23		83	52:48
Lap 7	5.27	33:57	6:26	6	7:50	57	7:50	36.89	3:55:31	6:23	21		92	1:00:38
Last lap Finish	5.27	33:24	6:20	4	7:41	54	7:41	42.16	4:28:55	6:22	10	3:07:22	108	4:02:08