



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NIELSEN, Michael

Club: Hjulbenet.dk
Number: 244

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:52:47

Speed: 8.61 km/h
Running performance: 6:56 min/km

Rank in course/Total: 179 (of 289)

Rank in course/Men: 169 (of 261)

Best time in course: 3:20:36

Rank in category: 40(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	33:27	6:20	38	10:14	172	11:05	5.27	33:27	6:20	1	-	179	
Lap 2	5.27	33:08	6:17	37	8:38	168	9:42	10.54	1:06:35	6:19	7		112	
Lap 3	5.27	33:44	6:24	38	9:07	171	10:06	15.81	1:40:19	6:20	14	10:07	174	
Lap 4	5.27	35:45	6:47	42	10:44	188	11:07	21.08	2:16:04	6:27	12		139	4:24
Lap 5	5.27	37:03	7:01	42	10:45	181	11:44	26.35	2:53:07	6:34	15		166	50:18
Lap 6	5.27	37:53	7:11	36	10:18	159	12:02	31.62	3:31:00	6:40	14	11:49	153	1:02:14
Lap 7	5.27	39:30	7:29	34	10:59	148	13:23	36.89	4:10:30	6:47	1	-	148	1:15:37
Last lap Finish	5.27	42:17	8:01	39	14:39	172	16:34	42.16	4:52:47	6:56	42	3:15:34	180	4:26:00