



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

JESSE, Christian

Club: EV Wörthersee
Number: 149

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:00:28

Speed: 8.39 km/h
Running performance: 7:08 min/km

Rank in course/Total: 196 (of 289)

Rank in course/Men: 183 (of 261)

Best time in course: 3:20:36

Rank in category: 44(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	33:04	6:16	36	9:51	159	10:42	5.27	33:04	6:16	19		101	
Lap 2	5.27	32:14	6:06	34	7:44	151	8:48	10.54	1:05:18	6:11	49		235	
Lap 3	5.27	33:19	6:19	36	8:42	162	9:41	15.81	1:38:37	6:14	18	8:25	187	
Lap 4	5.27	35:02	6:38	38	10:01	173	10:24	21.08	2:13:39	6:20	16		150	1:59
Lap 5	5.27	37:29	7:06	44	11:11	191	12:10	26.35	2:51:08	6:29	19		179	48:19
Lap 6	5.27	41:08	7:48	44	13:33	197	15:17	31.62	3:32:16	6:42	13	13:05	152	1:03:30
Lap 7	5.27	42:49	8:07	42	14:18	178	16:42	36.89	4:15:05	6:54	16	4:35	158	1:20:12
Last lap Finish	5.27	45:23	8:36	45	17:45	199	19:40	42.16	5:00:28	7:07	46	3:23:15	194	4:33:41