



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

RAVN, Henrik

Club: Tjaereborg
Number: 287

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 5:13:07

Speed: 8.08 km/h
Running performance: 7:26 min/km

Rank in course/Total: 224 (of 289)

Rank in course/Men: 207 (of 261)

Best time in course: 3:20:36

Rank in category: 36(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	38:59	7:23	40	16:37	255	16:37	5.27	38:59	7:23	18	4:28	217	0:01
Lap 2	5.27	33:06	6:16	31	9:40	167	9:40	10.54	1:12:05	6:50	16	10:20	158	
Lap 3	5.27	33:22	6:19	30	9:44	163	9:44	15.81	1:45:27	6:40	18	3:02	212	
Lap 4	5.27	35:35	6:45	34	10:33	184	10:57	21.08	2:21:02	6:41	14	2:52	172	9:22
Lap 5	5.27	36:40	6:57	33	10:31	175	11:21	26.35	2:57:42	6:44	17	8:07	196	54:53
Lap 6	5.27	41:52	7:56	36	15:21	203	16:01	31.62	3:39:34	6:56	16	7:11	191	1:10:48
Lap 7	5.27	46:59	8:54	38	19:20	218	20:52	36.89	4:26:33	7:13	15	13:29	183	1:31:40
Last lap Finish	5.27	46:34	8:50	35	19:57	208	20:51	42.16	5:13:07	7:25	39	3:47:14	218	4:46:20