



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HJELM, Torben

Club: Sandby Road Runners
Number: 142

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 5:29:24

Speed: 7.65 km/h
Running performance: 7:49 min/km

Rank in course/Total: 245 (of 289)

Rank in course/Men: 225 (of 261)

Best time in course: 3:20:36

Rank in category: 16(of 21)

Best time in the category: 4:02:33

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	35:31	6:44	15	9:28	212	13:09	5.27	35:31	6:44	7	4:08	235	
Lap 2	5.27	36:56	7:00	16	9:42	233	13:30	10.54	1:12:27	6:52	6	18:47	170	
Lap 3	5.27	37:28	7:06	16	9:00	229	13:50	15.81	1:49:55	6:57	7	14:27	230	
Lap 4	5.27	39:25	7:28	16	10:12	231	14:47	21.08	2:29:20	7:05	7	19:40	188	17:40
Lap 5	5.27	41:17	7:50	16	11:27	228	15:58	26.35	3:10:37	7:14	7	23:37	209	1:07:48
Lap 6	5.27	43:55	8:20	16	12:03	219	18:04	31.62	3:54:32	7:25	5	27:58	209	1:25:46
Lap 7	5.27	48:39	9:13	17	14:40	231	22:32	36.89	4:43:11	7:40	7	1:07:36	201	1:48:18
Last lap Finish	5.27	46:13	8:46	15	11:30	206	20:30	42.16	5:29:24	7:48	16	1:26:51	236	5:02:37