



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**CHRISTENSEN, Claus Ø.**

Club: Club 100 Marathon DK  
Number: 38

Course: 21.08 km  
Halbmarathon

Category:  
Männer M50

Total time: 2:33:39

Speed: 8.23 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 33 (of 53)

Rank in course/Men: 24 (of 39)

Best time in course: 1:49:45

Rank in category: 5(of 8)

Best time in the category: 2:17:05

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	36:17	6:53	5	2:49	27	10:41	5.27	36:17	6:53	4	2:37	11	
Lap 2	5.27	36:46	6:58	5	3:30	26	10:48	10.54	1:13:03	6:55	3	6:19	11	
Lap 3	5.27	38:42	7:20	5	3:48	25	11:00	15.81	1:51:45	7:04	4	8:15	11	
Last lap Finish	5.27	41:54	7:57	5	8:19	25	12:13	21.08	2:33:39	7:17	5	16:34	24	43:54