



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

JACOBSEN, Henrik

Club: Aabenraa AAIG
Number: 140

Course: 21.08 km
Halbmarathon

Category:
Männer M40

Total time: 2:40:35

Speed: 7.88 km/h
Running performance: 7:37 min/km

Rank in course/Total: 40 (of 53)

Rank in course/Men: 29 (of 39)

Best time in course: 1:49:45

Rank in category: 8(of 10)

Best time in the category: 2:01:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						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	8	10:00	34	13:23	5.27	38:59	7:23	8	9:59	7	1:07
Lap 2	5.27	37:36	7:08	8	8:04	28	11:38	10.54	1:16:35	7:15	7	18:03	8	1:58
Lap 3	5.27	43:51	8:19	9	13:04	37	16:09	15.81	2:00:26	7:37	8	31:03	8	4:46
Last lap Finish	5.27	40:09	7:37	8	9:05	23	10:28	21.08	2:40:35	7:37	8	39:01	29	50:50