



9. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LASSE TAAGAARD, Jensen

Club: Aalborg Triathlon Klub  
Number: 199

Course: 42.16 km  
Marathon

Category:  
Männer M35

Total time: 3:29:26

Speed: 12.03 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 4 (of 289)

Rank in course/Men: 4 (of 261)

Best time in course: 3:20:36

Rank in category: 1(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	25:01	4:44	2	2:39	13	2:39	5.27	25:01	4:44	25		11	
Lap 2	5.27	25:35	4:51	2	2:09	15	2:09	10.54	50:36	4:48	21		9	
Lap 3	5.27	25:44	4:52	2	2:06	11	2:06	15.81	1:16:20	4:49	24		7	
Lap 4	5.27	25:57	4:55	2	0:55	10	1:19	21.08	1:42:17	4:51	10		5	
Lap 5	5.27	26:22	5:00	2	0:13	8	1:03	26.35	2:08:39	4:52	2		4	5:50
Lap 6	5.27	26:31	5:01	1	-	3	0:40	31.62	2:35:10	4:54	30		4	6:24
Lap 7	5.27	27:39	5:14	1	-	3	1:32	36.89	3:02:49	4:57	2		3	7:56
Last lap Finish	5.27	26:37	5:03	1	-	3	0:54	42.16	3:29:26	4:58	4	2:03:33	12	3:02:39