



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Jensen, Ib

Club: Kolding Motion
Number: 162

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:43:24

Speed: 8.89 km/h
Running performance: 6:43 min/km

Rank in course/Total: 136 (of 311)

Rank in course/Men: 128 (of 279)

Best time in course: 3:02:44

Rank in category: 17(of 47)

Best time in the category: 3:29:07

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
Runde	5.27	35:25	6:43	35	10:10	218	13:42	5.27	35:25	6:43	41	2:36	133	4:52
Runde	5.27	33:30	6:21	25	8:29	167	11:47	10.54	1:08:55	6:32	41	1:09	128	25:29
Runde	5.27	33:40	6:23	18	7:38	148	11:25	15.81	1:42:35	6:29	41		128	36:54
Runde	5.27	33:32	6:21	17	7:36	128	10:44	21.08	2:16:07	6:27	41		128	47:38
Runde	5.27	34:45	6:35	16	8:26	120	12:09	26.35	2:50:52	6:29	41		128	59:47
Runde	5.27	36:20	6:53	16	9:03	111	13:48	31.62	3:27:12	6:33	41		128	1:13:35
Runde	5.27	37:49	7:10	16	10:10	106	14:37	36.89	4:05:01	6:38	41		127	1:28:12
Runde	5.27	38:23	7:17	17	12:45	122	22:38	42.16	4:43:24	6:43	17	1:14:17	134	3:50:02