



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Jokumsen, Morten

Club: Ikast DEN
Number: 165

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 5:00:08

Speed: 8.40 km/h
Running performance: 7:07 min/km

Rank in course/Total: 185 (of 311)

Rank in course/Men: 172 (of 279)

Best time in course: 3:02:44

Rank in category: 24(of 35)

Best time in the category: 3:26:19

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
Runde	5.27	30:38	5:48	13	7:17	96	8:55	5.27	30:38	5:48	7		177	0:05
Runde	5.27	30:19	5:45	11	5:43	92	8:36	10.54	1:00:57	5:46	6		47	17:31
Runde	5.27	32:00	6:04	16	7:12	111	9:45	15.81	1:32:57	5:52	6		172	27:16
Runde	5.27	37:01	7:01	31	11:30	193	14:13	21.08	2:09:58	6:09	6		172	41:29
Runde	5.27	40:00	7:35	30	13:56	209	17:24	26.35	2:49:58	6:27	6		172	58:53
Runde	5.27	40:44	7:43	27	14:25	185	18:12	31.62	3:30:42	6:39	6		172	1:17:05
Runde	5.27	44:36	8:27	29	17:30	200	21:24	36.89	4:15:18	6:55	6		171	1:38:29
Runde	5.27	44:50	8:30	27	18:12	195	29:05	42.16	5:00:08	7:07	25	3:58:25	178	4:06:46