

DIPLOM

Aarhus 1900 Indoor Run

168 Tor Rønnow

LØBEREN

has the 10/1 2009 completed Aarhus 1900 Indoor Run (Marathon) in the time:

5:00:41 (7:08/km)

Distance	Time	t/km	Split	t/km
2,207 km	12:58	5:52	12:58	5:52
4,285 km	25:33	5:58	12:35	6:04
6,362 km	39:22	6:11	13:49	6:39
8,439 km	52:48	6:15	13:26	6:28
10,776 km	1:07:43	6:17	14:56	6:23
12,853 km	1:21:52	6:22	14:09	6:49
14,931 km	1:35:56	6:26	14:04	6:47
17,008 km	1:48:47	6:24	12:51	6:11
19,085 km	2:03:55	6:30	15:08	7:17
21,163 km	2:19:13	6:35	15:18	7:22
23,240 km	2:34:49	6:40	15:36	7:31
25,317 km	2:52:22	6:48	17:33	8:27
27,654 km	3:09:27	6:51	17:06	7:19
29,731 km	3:25:56	6:56	16:29	7:56
31,809 km	3:46:23	7:07	20:27	9:51
33,886 km	4:01:55	7:08	15:33	7:29
35,963 km	4:18:32	7:11	16:37	8:00
38,040 km	4:33:45	7:12	15:13	7:19
40,118 km	4:46:59	7:09	13:14	6:22
42,195 km	5:00:41	7:08	13:42	6:35

Place no 48 in M-class of 51

Place no 54 over all of 57

DUUL.DK & Aarhus 1900 Atletik / Motion