



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Niemann, Carsten

Club: 1.LAV Rostock
Number: 254

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 4:54:52

Speed: 8.55 km/h
Running performance: 6:59 min/km

Rank in course/Total: 161 (of 305)

Rank in course/Men: 156 (of 279)

Best time in course: 3:13:29

Rank in category: 25(of 36)

Best time in the category: 3:17:20

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
1. Runde	10.55	1:02:08	5:53	24	18:40	128	19:08	10.55	1:02:08	5:53	7		172	10:29
2. Runde	10.55	1:10:33	6:41	27	24:15	166	24:15	21.10	2:12:41	6:17	7		171	33:55
3. Runde	10.55	1:17:53	7:22	28	28:55	168	28:55	31.65	3:30:34	6:39	7		159	1:00:30
Finish	10.55	1:24:18	7:59	25	31:26	166	1:23:46	42.20	4:54:52	6:59	25	1:37:32	173	3:25:09