



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Niemann, Carsten

Club: TC Fiko Rostock
Number: 237

Course: 42.20 km
Marathon

Category:
Männer M35

Total time: 5:12:38

Speed: 8.06 km/h
Running performance: 7:25 min/km

Rank in course/Total: 220 (of 292)

Rank in course/Men: 206 (of 267)

Best time in course: 3:13:29

Rank in category: 43(of 50)

Best time in the category: 3:22:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	12.50	1:20:12	6:24	36	23:22	185	26:20	12.50	1:20:12	6:24	20		75	11:57
Lap 2	10.55	1:12:01	6:49	40	22:43	187	24:15	23.05	2:32:13	6:36	21	0:37	211	20:35
Lap 3	10.55	1:27:03	8:15	41	33:39	215	38:44	33.60	3:59:16	7:07	19	7:44	184	1:26:19
Last lap Finish	8.60	1:13:22	8:31	43	31:46	222	36:42	42.20	5:12:38	7:24	46	1:50:32	223	4:09:21