



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NICKEL, Tim

Club: Leipzig
Number: 242

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:56:42

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 191 (of 289)

Rank in course/Men: 178 (of 261)

Best time in course: 3:20:36

Rank in category: 24(of 31)

Best time in the category: 3:22:43

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
Lap 1	5.27	33:39	6:23	25	10:02	179	11:17	5.27	33:39	6:23	8	6:28	83	
Lap 2	5.27	33:12	6:17	25	8:39	170	9:46	10.54	1:06:51	6:20	7	11:41	138	
Lap 3	5.27	35:06	6:39	27	10:48	192	11:28	15.81	1:41:57	6:26	8	17:25	183	
Lap 4	5.27	35:08	6:40	23	10:29	178	10:30	21.08	2:17:05	6:30	7	22:41	118	5:25
Lap 5	5.27	35:48	6:47	23	10:22	162	10:29	26.35	2:52:53	6:33	7	27:06	175	50:04
Lap 6	5.27	38:19	7:16	24	12:28	167	12:28	31.62	3:31:12	6:40	8	53:11	162	1:02:26
Lap 7	5.27	42:38	8:05	24	16:27	175	16:31	36.89	4:13:50	6:52	8	33:40	155	1:18:57
Last lap Finish	5.27	42:52	8:08	23	16:48	178	17:09	42.16	4:56:42	7:02	25	1:33:59	189	4:29:55