



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NIEMANN, Carsten

Club: TC Fiko Rostock
Number: 246

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:43:53

Speed: 8.88 km/h
Running performance: 6:44 min/km

Rank in course/Total: 152 (of 289)

Rank in course/Men: 146 (of 261)

Best time in course: 3:20:36

Rank in category: 28(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	33:05	6:16	29	10:43	161	10:43	5.27	33:05	6:16	10			96
Lap 2	5.27	33:45	6:24	35	10:19	186	10:19	10.54	1:06:50	6:20	12	5:05		123
Lap 3	5.27	33:23	6:20	31	9:45	164	9:45	15.81	1:40:13	6:20	10			151
Lap 4	5.27	33:20	6:19	27	8:18	143	8:42	21.08	2:13:33	6:20	6			119 1:53
Lap 5	5.27	35:09	6:40	31	9:00	149	9:50	26.35	2:48:42	6:24	10			118 45:53
Lap 6	5.27	37:11	7:03	24	10:40	143	11:20	31.62	3:25:53	6:30	8			130 57:07
Lap 7	5.27	39:27	7:29	25	11:48	146	13:20	36.89	4:05:20	6:39	38			242 1:10:27
Last lap Finish	5.27	38:33	7:18	21	11:56	121	12:50	42.16	4:43:53	6:44	31	3:18:00		156 4:17:06