



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NIEMANN, Silke

Club: TC Fiko Rostock
Number: 247

Course: 21.08 km
Halbmarathon

Category:
Frauen W35

Total time: 2:33:20

Speed: 8.22 km/h
Running performance: 7:16 min/km

Rank in course/Total: 31 (of 53)

Rank in course/Women: 8 (of 14)

Best time in course: 2:04:13

Rank in category: 1(of 2)

Best time in the category: 2:33:20

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 5.27 | 38:20 | 7:16 | 1 | - | 10 | 7:14 | 5.27 | 38:20 | 7:16 | 1 | - | 8 | 7:14 |
| Lap 2 | 5.27 | 37:33 | 7:07 | 1 | - | 8 | 7:14 | 10.54 | 1:15:53 | 7:11 | 1 | - | 7 | 7:00 |
| Lap 3 | 5.27 | 38:34 | 7:19 | 1 | - | 10 | 7:10 | 15.81 | 1:54:27 | 7:14 | 1 | - | 8 | 21:38 |
| Last lap Finish | 5.27 | 38:53 | 7:22 | 1 | - | 5 | 7:29 | 21.08 | 2:33:20 | 7:16 | 1 | - | 8 | 29:07 |