



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