



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WIEMKER, Thomas

Club: CaBa`s CaBaNauTeN
Number: 401

Course: 21.08 km
Halbmarathon

Category:
Männer M45

Total time: 2:44:28

Speed: 7.66 km/h
Running performance: 7:48 min/km

Rank in course/Total: 44 (of 53)

Rank in course/Men: 33 (of 39)

Best time in course: 1:49:45

Rank in category: 4(of 4)

Best time in the category: 2:14:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	37:52	7:11	4	6:34	32	12:16	5.27	37:52	7:11	4	6:34	1	-
Lap 2	5.27	40:08	7:36	4	8:40	35	14:10	10.54	1:18:00	7:24	4	15:14	12	3:23
Lap 3	5.27	41:00	7:46	3	7:01	31	13:18	15.81	1:59:00	7:31	4	22:15	38	3:20
Last lap Finish	5.27	45:28	8:37	3	7:21	31	15:47	21.08	2:44:28	7:48	4	29:36	33	54:43