



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Niemann, Carsten

Club: TC FIKO Rostock
Number: 270

Course: 31.62 km
3/4 Marathon

Category:
Männer M40

Total time: 3:41:58

Speed: 8.38 km/h
Running performance: 7:01 min/km

Rank in course/Total: 11 (of 23)

Rank in course/Men: 11 (of 22)

Best time in course: 2:46:55

Rank in category: 4(of 6)

Best time in the category: 3:14:32

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
Runde	5.27	30:48	5:50	3	5:31	7	5:31	5.27	30:48	5:50	4	2:33	13	
Runde	5.27	32:11	6:06	4	4:49	7	5:22	10.54	1:02:59	5:58	4	4:23	13	
Runde	5.27	33:14	6:18	4	4:13	8	6:22	15.81	1:36:13	6:05	4	7:31	13	
Runde	5.27	34:05	6:28	4	3:41	7	6:09	21.08	2:10:18	6:10	4	11:12	13	
Runde	5.27	36:39	6:57	3	4:47	6	8:20	26.35	2:46:57	6:20	4	15:59	13	
Runde	5.27	55:01	10:26	6	15:22	22	23:53	31.62	3:41:58	7:01	4	27:26	11	55:03