



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Niemann, Carsten

Club: TC FIKO Rostock
Number: 331

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:00:40

Speed: 8.38 km/h
Running performance: 7:08 min/km

Rank in course/Total: 167 (of 272)

Rank in course/Men: 154 (of 245)

Best time in course: 3:07:01

Rank in category: 40(of 63)

Best time in the category: 3:35:43

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	3.47	24:42	7:07	54	8:52	213	10:56	3.47	24:42	7:07	9		161	2:16
Runde	3.47	22:27	6:28	49	6:00	174	7:46	6.94	47:09	6:47	9		161	
Runde	3.47	21:40	6:14	37	4:43	136	6:43	10.41	1:08:49	6:36	9		161	
Runde	3.47	21:54	6:18	34	4:53	131	6:17	13.88	1:30:43	6:32	9		160	
Runde	3.47	22:44	6:33	38	5:29	148	7:09	17.35	1:53:27	6:32	9		159	17:11
Runde	3.47	23:42	6:49	39	5:53	152	8:14	20.82	2:17:09	6:35	9		159	19:29
Runde	3.47	25:04	7:13	42	6:53	160	9:31	24.29	2:42:13	6:40	9		159	21:58
Runde	3.47	26:11	7:32	44	7:44	158	10:03	27.76	3:08:24	6:47	9		159	23:44
Runde	3.47	26:51	7:44	39	8:16	147	10:49	31.23	3:35:15	6:53	9		158	1:16:25
Runde	3.47	27:44	7:59	36	8:15	144	11:38	34.70	4:02:59	7:00	9		153	1:28:03
Runde	3.47	28:27	8:11	38	9:00	157	12:35	38.17	4:31:26	7:06	9		153	1:40:38
Runde	3.97	29:14	7:21	38	11:15	164	28:57	42.18	5:00:40	7:07	40	1:24:57	157	3:31:27