



5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

Detailed evaluation

Bensch, Sandra

Club: Bewegungsforum Nieder-Olm
Number: 723

Course: 32.21 km
3/4-Marathon

Category:
Frauen W30

Total time: 3:50:10

Speed: 8.40 km/h
Running performance: 7:02 min/km

Rank in course/Total: 31 (of 38)
Rank in course/Women: 5 (of 10)
Best time in course: 3:15:46

Rank in category: 2(of 2)
Best time in the category: 3:15:46

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Staumauer	5.70	1:35:37	16:46	2	3:51	6	4:14	5.70	1:35:37	16:46	2	3:51	5	3:51
Weißer Stein	11.00	1:13:10	6:39	2	7:43	8	1:06:45	16.70	2:48:47	10:06	2	11:34	5	11:34
Durchlauf	3.41	36:17	10:38	2	6:00	2	6:00	20.11	3:25:04	10:11	2	17:34	5	17:34
Control	-	fehlt!	-	-	-	-	-	20.11	-	-	-	-	-	-
Ziel Lauf	9.00	25:06	2:47	2	16:50	9	16:50	32.21	3:50:10	7:08	2	34:24	5	34:24