



5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

Detailed evaluation

Benkert, Heidi

Club: TV Weißendorf

Number: 456

Course: 21.60 km

Halbmarathon

Total time: 3:48:30

Speed: 5.51 km/h

metres in height up: 436

Course score: 27.54

performance score: 160 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start NoWa	0	0	10:13	00:00	00:00
Staumauer	5.7	5.7	12:10	01:56	01:56
Weißer Stein	16.7	11.0	13:05	02:51	00:54
Ziel NoWa	21.6	4.9	14:01	03:48	00:56