



5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

Detailed evaluation

Rau, Simone

Club: Fit-Inn Heldenbergen

Number: 251

Course: 32.70 km

3/4-Marathon

Total time: 5:05:06

Speed: 6.29 km/h

metres in height up: 654

Course score: 41.81

performance score: 273 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	12:05	01:52	01:52
Weißer Stein	16.7	11.0	12:47	02:33	00:41
Durchlauf	21.6	4.9	14:33	04:20	01:46
Ziel NoWa	32.7	4.9	15:18	05:05	00:44