



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Bruder, Birgit

Club: TV-Lemberg
Number: 60

Course: 42.20 km
Marathon

Category:
Frauen W40

Total time: 4:26:59

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 84 (of 305)

Rank in course/Women: 3 (of 26)

Best time in course: 3:58:39

Rank in category: 3(of 6)

Best time in the category: 3:58:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
1. Runde	10.55	59:26	5:38	3	4:08	3	4:08	10.55	59:26	5:38	3	4:08	23
2. Runde	10.55	1:05:26	6:12	3	6:49	3	6:49	21.10	2:04:52	5:55	3	10:57	23
3. Runde	10.55	1:08:49	6:31	3	7:44	3	7:44	31.65	3:13:41	6:07	3	18:08	23
Finish	10.55	1:13:18	6:56	3	14:29	3	14:29	42.20	4:26:59	6:19	3	28:20	5 2:59:11