



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Dilling, Daniela

Club: Ksc Strausberg
Number: 80

Course: 42.20 km
Marathon

Category:
Frauen W45

Total time: 5:01:23

Speed: 8.36 km/h
Running performance: 7:08 min/km

Rank in course/Total: 182 (of 305)

Rank in course/Women: 8 (of 26)

Best time in course: 3:58:39

Rank in category: 1(of 6)

Best time in the category: 5:01:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
1. Runde	10.55	1:06:10	6:16	1	-	7	10:52	10.55	1:06:10	6:16	1	-	18	
2. Runde	10.55	1:14:28	7:03	2	1:21	11	15:51	21.10	2:20:38	6:39	1	-	18	
3. Runde	10.55	1:18:06	7:24	2	0:01	10	17:01	31.65	3:38:44	6:54	1	-	18	
Finish	10.55	1:22:39	7:50	3	1:57	9	23:50	42.20	5:01:23	7:08	2	3:31:23	10	3:33:35