



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Enzian, Iris

Club: Sc impuls erfurt
Number: 434

Course: 42.20 km
Marathon

Category:
Frauen W45

Total time: 5:08:16

Speed: 8.17 km/h
Running performance: 7:19 min/km

Rank in course/Total: 200 (of 305)

Rank in course/Women: 12 (of 26)

Best time in course: 3:58:39

Rank in category: 3(of 6)

Best time in the category: 5:01:23

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	Behind Women
1. Runde	10.55	1:07:00	6:21	2	0:50	8	11:42	10.55	1:07:00	6:21	3	0:50	7	
2. Runde	10.55	1:21:11	7:41	5	8:04	22	22:34	21.10	2:28:11	7:01	3	7:33	14	0:04
3. Runde	10.55	1:19:23	7:31	3	1:18	11	18:18	31.65	3:47:34	7:11	3	8:50	14	0:03
Finish	10.55	1:20:42	7:38	1	-	4	21:53	42.20	5:08:16	7:18	4	3:38:16	14	3:40:28