



7. Unter-Tage Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Hertz, Gisela

Club: Marathon Steinfurt  
 Number: 148

Course: 42.20 km  
 Marathon

Category:  
 Frauen W50

Total time: 5:15:27

Speed: 7.99 km/h  
 Running performance: 7:29 min/km

Rank in course/Total: 215 (of 305)

Rank in course/Women: 14 (of 26)

Best time in course: 3:58:39

Rank in category: 3(of 4)

Best time in the category: 4:48:07

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	1:09:05	6:32	3	5:56	13	13:47	10.55	1:09:05	6:32	3	5:56	12		
2. Runde	10.55	1:18:07	7:24	4	7:34	20	19:30	21.10	2:27:12	6:58	3	13:30	12		
3. Runde	10.55	1:21:29	7:43	3	8:21	13	20:24	31.65	3:48:41	7:13	3	21:51	12	1:10	
Finish	10.55	1:26:46	8:13	3	5:29	17	27:57	42.20	5:15:27	7:28	3	27:20	16	3:47:39	