



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

Detailed evaluation

Banatzki, Ilka

Club: DJK Preussen 1911 Bochum
 Number: 18

Course: 42.20 km
 Marathon

Category:
 Frauen W45

Total time: 5:16:18

Speed: 7.97 km/h
 Running performance: 7:30 min/km

Rank in course/Total: 219 (of 305)

Rank in course/Women: 15 (of 26)

Best time in course: 3:58:39

Rank in category: 4(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	1:13:10	6:56	5	7:00	21	17:52	10.55	1:13:10	6:56	4	7:00	11	2:09
2. Runde	10.55	1:17:27	7:20	3	4:20	17	18:50	21.10	2:30:37	7:08	4	9:59	11	2:30
3. Runde	10.55	1:23:11	7:53	4	5:06	17	22:06	31.65	3:53:48	7:23	4	15:04	11	6:17
Finish	10.55	1:22:30	7:49	2	1:48	8	23:41	42.20	5:16:18	7:29	5	3:46:18	17	3:48:30