



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Niemann, Silke

Club: 1.LAV Rostock
Number: 253

Course: 42.20 km
Marathon

Category:
Frauen W35

Total time: 5:56:38

Speed: 7.07 km/h
Running performance: 8:27 min/km

Rank in course/Total: 281 (of 305)

Rank in course/Women: 22 (of 26)

Best time in course: 3:58:39

Rank in category: 5(of 5)

Best time in the category: 4:59:05

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	1:15:26	7:09	4	9:39	23	20:08	10.55	1:15:26	7:09	5	8:10	4	4:25
2. Runde	10.55	1:17:13	7:19	4	6:04	15	18:36	21.10	2:32:39	7:14	5	14:14	4	4:32
3. Runde	10.55	1:28:23	8:22	5	12:39	21	27:18	31.65	4:01:02	7:36	5	26:53	4	13:31
Finish	10.55	1:55:36	10:57	5	33:29	24	56:47	42.20	5:56:38	8:27	5	57:33	24	4:28:50