



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

Detailed evaluation

Uphoff, Heike

Club: LG RWE Power
 Number: 392

Course: 21.10 km
 Halbmarathon

Category:
 Frauen W40

Total time: 2:35:18

Speed: 8.11 km/h
 Running performance: 7:22 min/km

Rank in course/Total: 35 (of 63)
 Rank in course/Women: 6 (of 14)
 Best time in course: 2:20:12

Rank in category: 2(of 5)
 Best time in the category: 2:27:05

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	1:13:25	6:57	3	2:27	7	7:57	10.55	1:13:25	6:57	2	2:27	6	7:57
Finish	10.55	1:21:53	7:45	2	5:46	6	7:26	21.10	2:35:18	7:21	2	8:13	6	15:06