



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

Detailed evaluation

Poch, Astrid

Club: Thale
 Number: 278

Course: 21.10 km
 Halbmarathon

Category:
 Frauen W40

Total time: 2:47:01

Speed: 7.54 km/h
 Running performance: 7:55 min/km

Rank in course/Total: 45 (of 63)
 Rank in course/Women: 9 (of 14)
 Best time in course: 2:20:12

Rank in category: 3(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	1:17:15	7:19	4	6:17	11	11:47	10.55	1:17:15	7:19	3	6:17	9	11:47
Finish	10.55	1:29:46	8:30	4	13:39	10	15:19	21.10	2:47:01	7:54	3	19:56	9	26:49