



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Hunderup, Heidi

Club: LIUF.Hjørring Denmark
Number: 404

Course: 21.10 km
Cross-Halbmarathon

Category:
Frauen W50

Total time: 2:20:37

Speed: 8.96 km/h
Running performance: 6:40 min/km

Rank in course/Total: 112 (of 133)

Rank in course/Women: 22 (of 34)

Best time in course: 1:46:34

Rank in category: 8(of 8)

Best time in the category: 2:04:06

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
Lap 1	10.40	1:08:47	6:36	8	8:22	27	14:13	10.40	1:08:47	6:36	5	7:09	11	14:12
Last lap Finish	10.70	1:11:50	6:42	8	9:22	22	19:50	21.10	2:20:37	6:39	8	16:31	22	34:03