



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Baars, Ulrike

Club: Dresden
Number: 668

Course: 43.50 km
Marathon

Category:
Frauen W40

Total time: 4:34:16

Speed: 9.41 km/h
Running performance: 6:18 min/km

Rank in course/Total: 63 (of 105)

Rank in course/Women: 5 (of 13)

Best time in course: 3:53:29

Rank in category: 1(of 4)

Best time in the category: 4:34:16

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
Lap 1	11.60	1:07:54	5:51	2	2:34	8	12:29	11.60	1:07:54	5:51	1	-	4	10:57
Lap 2	18.80	1:55:35	6:08	1	-	5	15:42	30.40	3:03:29	6:02	1	-	5	26:31
Last lap Finish	13.10	1:30:47	6:55	1	-	5	14:16	43.50	4:34:16	6:18	1	-	5	40:47