



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Bruder, Birgit

Club: LTF Marpingen
Number: 47

Course: 42.20 km
Marathon

Category:
Frauen W40

Total time: 4:23:52

Speed: 9.55 km/h
Running performance: 6:15 min/km

Rank in course/Total: 82 (of 292)

Rank in course/Women: 3 (of 25)

Best time in course: 4:02:42

Rank in category: 2(of 5)

Best time in the category: 4:02:42

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	12.50	1:15:34	6:02	4	7:25	6	7:25	12.50	1:15:34	6:02	2	7:25	24			
Lap 2	10.55	1:05:53	6:14	2	6:05	3	6:05	23.05	2:21:27	6:08	2	13:30	20	6:13		
Lap 3	10.55	1:07:00	6:21	2	2:11	3	3:06	33.60	3:28:27	6:12	2	15:41	23			
Last lap Finish	8.60	55:25	6:26	2	5:29	4	6:21	42.20	4:23:52	6:15	2	21:10	3	21:10		