



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

Schiefelbein, Elvira

Club: ALG VfL BOKEL  
Number: 306

Course: 42.20 km  
Marathon

Category:  
Frauen W20

Total time: 4:32:48

Speed: 9.24 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 111 (of 292)

Rank in course/Women: 5 (of 25)

Best time in course: 4:02:42

Rank in category: 1(of 1)

Best time in the category: 4:32:48

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	12.50	1:11:02	5:40	1	-	3	2:53	12.50	1:11:02	5:40	1	-	22	
Lap 2	10.55	1:06:17	6:16	1	-	5	6:29	23.05	2:17:19	5:57	1	-	18	2:05
Lap 3	10.55	1:15:22	7:08	1	-	6	11:28	33.60	3:32:41	6:19	1	-	21	
Last lap Finish	8.60	1:00:07	6:59	1	-	10	11:03	42.20	4:32:48	6:27	1	-	5	30:06