



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

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Club: DJK Preussen 1911 Bochum
Number: 13

Course: 42.20 km
Marathon

Category:
Frauen W45

Total time: 4:40:12

Speed: 8.99 km/h
Running performance: 6:38 min/km

Rank in course/Total: 137 (of 292)

Rank in course/Women: 6 (of 25)

Best time in course: 4:02:42

Rank in category: 2(of 8)

Best time in the category: 4:08:12

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	12.50	1:23:46	6:42	5	10:36	14	15:37	12.50	1:23:46	6:42	2	10:36	21		
Lap 2	10.55	1:09:33	6:35	2	7:29	7	9:45	23.05	2:33:19	6:39	2	18:05	17	18:05	
Lap 3	10.55	1:12:57	6:54	2	9:03	4	9:03	33.60	3:46:16	6:44	2	27:08	20		
Last lap Finish	8.60	53:56	6:16	2	4:52	3	4:52	42.20	4:40:12	6:38	2	32:00	6	37:30	