



8. Unter-Tage-Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schulte, Silvia

Club: Marathon Team Biggensee  
 Number: 339

Course: 42.20 km  
 Marathon

Category:  
 Frauen W35

Total time: 4:43:46

Speed: 8.92 km/h  
 Running performance: 6:44 min/km

Rank in course/Total: 155 (of 292)

Rank in course/Women: 8 (of 25)

Best time in course: 4:02:42

Rank in category: 1(of 3)

Best time in the category: 4:43:46

Control	Intermediate times			Stage score				Total ranking						
	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	1:17:16	6:10	1	-	7	9:07	12.50	1:17:16	6:10	1	-	19	
Lap 2	10.55	1:07:32	6:24	1	-	6	7:44	23.05	2:24:48	6:16	1	-	15	9:34
Lap 3	10.55	1:16:34	7:15	2	0:44	11	12:40	33.60	3:41:22	6:35	1	-	18	
Last lap Finish	8.60	1:02:24	7:15	3	4:55	13	13:20	42.20	4:43:46	6:43	1	-	8	41:04