



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Rau, Miriam

Club: TUS Neuköln-Berlin
Number: 194

Course: 42.20 km
Marathon

Category:
Frauen W35

Total time: 4:44:49

Speed: 8.85 km/h
Running performance: 6:45 min/km

Rank in course/Total: 160 (of 292)

Rank in course/Women: 9 (of 25)

Best time in course: 4:02:42

Rank in category: 2(of 3)

Best time in the category: 4:43:46

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	1:20:44	6:27	2	3:28	11	12:35	12.50	1:20:44	6:27	2	3:28	18	
Lap 2	10.55	1:10:46	6:42	2	3:14	9	10:58	23.05	2:31:30	6:34	2	6:42	14	16:16
Lap 3	10.55	1:15:50	7:11	1	-	8	11:56	33.60	3:47:20	6:45	2	5:58	17	
Last lap Finish	8.60	57:29	6:41	1	-	6	8:25	42.20	4:44:49	6:44	2	1:03	9	42:07