



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Enzian, Iris

Club: Sc im.puls Erfurt
Number: 436

Course: 42.20 km
Marathon

Category:
Frauen W45

Total time: 4:45:39

Speed: 8.82 km/h
Running performance: 6:46 min/km

Rank in course/Total: 161 (of 292)

Rank in course/Women: 10 (of 25)

Best time in course: 4:02:42

Rank in category: 3(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	1:20:04	6:24	2	6:54	9	11:55	12.50	1:20:04	6:24	3	6:54	17	
Lap 2	10.55	1:11:10	6:44	4	9:06	11	11:22	23.05	2:31:14	6:33	3	16:00	13	16:00
Lap 3	10.55	1:15:36	7:09	3	11:42	7	11:42	33.60	3:46:50	6:45	3	27:42	16	
Last lap Finish	8.60	58:49	6:50	3	9:45	8	9:45	42.20	4:45:39	6:46	3	37:27	10	42:57