



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 |