



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Schwuchow, Romy

Club: Ergolding
Number: 356

Course: 42.20 km
Marathon

Category:
Frauen W45

Total time: 4:46:38

Speed: 8.79 km/h
Running performance: 6:47 min/km

Rank in course/Total: 164 (of 292)

Rank in course/Women: 11 (of 25)

Best time in course: 4:02:42

Rank in category: 4(of 8)

Best time in the category: 4:08:12

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	1:20:08	6:24	3	6:58	10	11:59	12.50	1:20:08	6:24	4	6:58	16	
Lap 2	10.55	1:10:55	6:43	3	8:51	10	11:07	23.05	2:31:03	6:33	4	15:49	12	15:49
Lap 3	10.55	1:16:19	7:14	4	12:25	10	12:25	33.60	3:47:22	6:46	4	28:14	15	
Last lap Finish	8.60	59:16	6:53	4	10:12	9	10:12	42.20	4:46:38	6:47	4	38:26	11	43:56