



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Elsner, Steffi**

Club: Berlin  
Number: 74

Course: 42.20 km  
Marathon

Category:  
Frauen W40

Total time: 4:47:55

Speed: 8.75 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 170 (of 292)

Rank in course/Women: 12 (of 25)

Best time in course: 4:02:42

Rank in category: 4(of 5)

Best time in the category: 4:02:42

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	12.50	1:15:02	6:00	3	6:53	5	6:53	12.50	1:15:02	6:00	4	6:53	15	
Lap 2	10.55	1:11:10	6:44	4	11:22	11	11:22	23.05	2:26:12	6:20	4	18:15	11	10:58
Lap 3	10.55	1:20:34	7:38	4	15:45	13	16:40	33.60	3:46:46	6:44	4	34:00	14	
Last lap Finish	8.60	1:01:09	7:06	4	11:13	11	12:05	42.20	4:47:55	6:49	4	45:13	12	45:13