



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Pawzik, Heike

Club: LG Nord Berlin
Number: 252

Course: 42.20 km
Marathon

Category:
Frauen W45

Total time: 5:11:04

Speed: 8.10 km/h
Running performance: 7:22 min/km

Rank in course/Total: 217 (of 292)

Rank in course/Women: 14 (of 25)

Best time in course: 4:02:42

Rank in category: 5(of 8)

Best time in the category: 4:08:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	12.50	1:29:35	7:09	7	19	16:25	21:26	12.50	1:29:35	7:09	5	13	16:25	5:21
Lap 2	10.55	1:18:16	7:25	5	16	16:12	18:28	23.05	2:47:51	7:16	5	9	32:37	32:37
Lap 3	10.55	1:20:01	7:35	5	12	16:07	16:07	33.60	4:07:52	7:22	5	12	48:44	4:31
Last lap Finish	8.60	1:03:12	7:20	5	14	14:08	14:08	42.20	5:11:04	7:22	5	14	1:02:52	1:08:22