



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Dilling, Daniela**

Club: KSC Strausberg  
Number: 60

Course: 42.20 km  
Marathon

Category:  
Frauen W45

Total time: 5:14:18

Speed: 8.02 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 223 (of 292)

Rank in course/Women: 15 (of 25)

Best time in course: 4:02:42

Rank in category: 6(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	1:23:42	6:41	4	10:32	13	15:33	12.50	1:23:42	6:41	6	10:32	12	
Lap 2	10.55	1:18:38	7:27	6	16:34	17	18:50	23.05	2:42:20	7:02	6	27:06	8	27:06
Lap 3	10.55	1:25:18	8:05	7	21:24	16	21:24	33.60	4:07:38	7:22	6	48:30	11	4:17
Last lap Finish	8.60	1:06:40	7:45	7	17:36	18	17:36	42.20	5:14:18	7:26	6	1:06:06	15	1:11:36