



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Abel, Angelika

Club: TV Stammheim

Number: 1

Course: 42.20 km

Marathon

Category:

Frauen W50

Total time: 5:41:06

Speed: 7.39 km/h

Running performance: 8:05 min/km

Rank in course/Total: 262 (of 292)

Rank in course/Women: 21 (of 25)

Best time in course: 4:02:42

Rank in category: 4(of 6)

Best time in the category: 4:41:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	12.50	1:35:39	7:39	5	17:48	24	27:30	12.50	1:35:39	7:39	4	17:48	6	11:25
Lap 2	10.55	1:24:04	7:58	5	13:54	21	24:16	23.05	2:59:43	7:47	6	31:42	23	44:29
Lap 3	10.55	1:27:48	8:19	3	11:58	19	23:54	33.60	4:27:31	7:57	4	43:40	5	24:10
Last lap Finish	8.60	1:13:35	8:33	4	16:00	22	24:31	42.20	5:41:06	8:04	4	59:40	21	1:38:24