



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Rabe, Sonja

Club: Marathon-Club Menden
Number: 277

Course: 42.20 km
Marathon

Category:
Frauen W50

Total time: 5:42:50

Speed: 7.39 km/h
Running performance: 8:07 min/km

Rank in course/Total: 265 (of 292)

Rank in course/Women: 22 (of 25)

Best time in course: 4:02:42

Rank in category: 5(of 6)

Best time in the category: 4:41:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1:35:44	7:39	6	17:53	25	27:35	12.50	1:35:44	7:39	5	17:53	5	11:30
Lap 2	10.55	1:27:44	8:18	6	17:34	23	27:56	23.05	3:03:28	7:57	4	35:27	3	48:14
Lap 3	10.55	1:33:52	8:53	5	18:02	23	29:58	33.60	4:37:20	8:15	5	53:29	4	33:59
Last lap Finish	8.60	1:05:30	7:36	2	7:55	16	16:26	42.20	5:42:50	8:07	5	1:01:24	22	1:40:08