



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Kaltwasser, Cornelia

Club: Rennsteiglauf Weilheim
Number: 154

Course: 42.20 km
Marathon

Category:
Frauen W40

Total time: 5:49:00

Speed: 7.22 km/h
Running performance: 8:16 min/km

Rank in course/Total: 269 (of 292)

Rank in course/Women: 24 (of 25)

Best time in course: 4:02:42

Rank in category: 5(of 5)

Best time in the category: 4:02:42

Intermediate times

Stage score

Total ranking

Control	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	1:34:38	7:34	5	26:29	23	26:29	12.50	1:34:38	7:34	5	26:29	3	10:24
Lap 2	10.55	1:28:07	8:21	5	28:19	24	28:19	23.05	3:02:45	7:55	5	54:48	24	47:31
Lap 3	10.55	1:32:43	8:47	5	27:54	22	28:49	33.60	4:35:28	8:11	5	1:22:42	2	32:07
Last lap Finish	8.60	1:13:32	8:33	5	23:36	21	24:28	42.20	5:49:00	8:16	5	1:46:18	24	1:46:18