



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 |