



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Niemann, Silke

Club: TC Fiko Rostock
Number: 238

Course: 21.10 km
Halbmarathon

Category:
Frauen W35

Total time: 2:33:56

Speed: 8.19 km/h
Running performance: 7:18 min/km

Rank in course/Total: 42 (of 61)

Rank in course/Women: 4 (of 11)

Best time in course: 2:22:03

Rank in category: 1(of 2)

Best time in the category: 2:33:56

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	1:33:00	7:26	2	13:05	6	13:30	12.50	1:33:00	7:26	1	-	4	7:30
Last lap Finish	8.60	1:00:56	7:05	1	-	4	5:22	21.10	2:33:56	7:17	1	-	4	11:53