



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

REX, Stine

Club: Loebekompagniet
Number: 291

Course: 42.16 km
Marathon

Category:
Frauen W30

Total time: 4:13:27

Speed: 9.94 km/h
Running performance: 6:01 min/km

Rank in course/Total: 68 (of 289)

Rank in course/Women: 4 (of 28)

Best time in course: 4:05:29

Rank in category: 2(of 7)

Best time in the category: 4:05:29

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	5.27	30:49	5:50	2	0:08	5	3:04	5.27	30:49	5:50	3		24	
Lap 2	5.27	29:39	5:37	1	-	3	0:33	10.54	1:00:28	5:44	3		18	
Lap 3	5.27	30:45	5:50	2	1:42	3	1:42	15.81	1:31:13	5:46	2		23	
Lap 4	5.27	31:17	5:56	2	1:59	3	1:59	21.08	2:02:30	5:48	2	1:39	24	
Lap 5	5.27	32:13	6:06	2	2:27	3	2:27	26.35	2:34:43	5:52	2	4:06	21	
Lap 6	5.27	32:41	6:12	2	1:55	3	1:55	31.62	3:07:24	5:55	4		25	
Lap 7	5.27	33:41	6:23	2	1:48	4	1:48	36.89	3:41:05	5:59	2	7:49	18	6:20
Last lap Finish	5.27	32:22	6:08	2	0:09	2	0:09	42.16	4:13:27	6:00	3	2:43:46	5	2:43:46