



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PRAHER, Stefanie

Club: CaBa`s CaBaNauTeN
Number: 279

Course: 31.62 km
3/4 Marathon

Category:
Frauen W20

Total time: 4:23:22

Speed: 7.20 km/h
Running performance: 8:20 min/km

Rank in course/Total: 22 (of 23)

Rank in course/Women: 1 (of 2)

Best time in course: 4:23:22

Rank in category: 1(of 1)

Best time in the category: 4:23:22

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	36:45	6:58	1	-	1	-	5.27	36:45	6:58	1	-	1	-
Lap 2	5.27	37:46	7:09	1	-	1	-	10.54	1:14:31	7:04	1	-	1	-
Lap 3	5.27	39:34	7:30	1	-	2	0:09	15.81	1:54:05	7:12	1	-	1	-
Lap 4	5.27	41:35	7:53	1	-	1	-	21.08	2:35:40	7:23	1	-	1	-
Lap 5	5.27	47:06	8:56	1	-	2	3:31	26.35	3:22:46	7:41	1	-	1	-
Last lap Finish	5.27	1:00:36	11:29	1	-	1	-	31.62	4:23:22	8:19	1	-	1	-