



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HEINEMANN, Ines

Club: Weimar
Number: 111

Course: 42.16 km
Marathon

Category:
Frauen W40

Total time: 4:49:44

Speed: 8.70 km/h
Running performance: 6:52 min/km

Rank in course/Total: 164 (of 289)

Rank in course/Women: 9 (of 28)

Best time in course: 4:05:29

Rank in category: 2(of 2)

Best time in the category: 4:48:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	5.27	31:33	5:59	2	8	2:43	3:48	5.27	31:33	5:59	2	19	2:43	0:12
Lap 2	5.27	34:09	6:28	2	11	5:03	5:03	10.54	1:05:42	6:14	2	13	7:46	
Lap 3	5.27	35:00	6:38	2	10	3:15	5:57	15.81	1:40:42	6:22	2	18	11:01	
Lap 4	5.27	36:19	6:53	2	11	3:32	7:01	21.08	2:17:01	6:29	2	19	14:33	
Lap 5	5.27	38:21	7:16	2	13	3:21	8:35	26.35	2:55:22	6:39	2	16	17:54	
Lap 6	5.27	39:02	7:24	2	13	0:35	8:16	31.62	3:34:24	6:46	2	17	18:29	
Lap 7	5.27	38:26	7:17	1	9	-	6:33	36.89	4:12:50	6:51	1	17	-	38:05
Last lap Finish	5.27	36:54	7:00	1	6	-	4:41	42.16	4:49:44	6:52	2	10	0:56	3:20:03