



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KRÜGER, Doris

Club: Gruen-Weiss Wittenberg
Number: 185

Course: 42.16 km
Marathon

Category:
Frauen W50

Total time: 5:03:56

Speed: 8.29 km/h
Running performance: 7:13 min/km

Rank in course/Total: 202 (of 289)

Rank in course/Women: 14 (of 28)

Best time in course: 4:05:29

Rank in category: 2(of 4)

Best time in the category: 4:55:15

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	5.27	33:08	6:17	2	1:47	11	5:23	5.27	33:08	6:17	2	1:47	14	1:47
Lap 2	5.27	34:51	6:36	2	3:15	14	5:45	10.54	1:07:59	6:27	4		26	
Lap 3	5.27	37:00	7:01	3	4:28	17	7:57	15.81	1:44:59	6:38	2	9:30	1	-
Lap 4	5.27	39:34	7:30	2	5:23	18	10:16	21.08	2:24:33	6:51	2	14:53	1	-
Lap 5	5.27	39:04	7:24	2	1:43	14	9:18	26.35	3:03:37	6:58	2	16:36	1	-
Lap 6	5.27	37:28	7:06	1	-	9	6:42	31.62	3:41:05	6:59	2	14:31	1	-
Lap 7	5.27	40:10	7:37	1	-	12	8:17	36.89	4:21:15	7:04	1	-	13	46:30
Last lap Finish	5.27	42:41	8:05	1	-	17	10:28	42.16	5:03:56	7:12	2	8:41	15	3:34:15