



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BANATZKI, Ilka Maria

Club: DJK Preussen 1911 Bochum
Number: 10

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 5:18:23

Speed: 7.95 km/h
Running performance: 7:33 min/km

Rank in course/Total: 228 (of 289)

Rank in course/Women: 18 (of 28)

Best time in course: 4:05:29

Rank in category: 6(of 8)

Best time in the category: 4:08:16

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	37:41	7:09	8	9:56	24	9:56	5.27	37:41	7:09	6	9:56	10	6:20
Lap 2	5.27	36:57	7:00	6	7:43	20	7:51	10.54	1:14:38	7:04	5	17:39	5	3:30
Lap 3	5.27	37:17	7:04	5	7:34	18	8:14	15.81	1:51:55	7:04	6	25:13	9	6:56
Lap 4	5.27	38:55	7:23	5	8:25	16	9:37	21.08	2:30:50	7:09	6	33:38	10	6:17
Lap 5	5.27	41:13	7:49	6	9:37	18	11:27	26.35	3:12:03	7:17	3	43:15	10	8:26
Lap 6	5.27	42:55	8:08	7	10:26	19	12:09	31.62	3:54:58	7:25	5	47:27	9	13:53
Lap 7	5.27	41:27	7:51	5	9:22	14	9:34	36.89	4:36:25	7:29	6	1:01:40	9	1:01:40
Last lap Finish	5.27	41:58	7:57	6	9:26	16	9:45	42.16	5:18:23	7:33	6	1:10:07	19	3:48:42