



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KRÜGER, Doris

Club: Torgelow
Number: 186

Course: 42.16 km
Marathon

Category:
Frauen W50

Total time: 5:23:43

Speed: 7.78 km/h
Running performance: 7:41 min/km

Rank in course/Total: 238 (of 289)

Rank in course/Women: 19 (of 28)

Best time in course: 4:05:29

Rank in category: 3(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	33:54	6:25	3	2:33	12	6:09	5.27	33:54	6:25	3	2:33	9	2:33
Lap 2	5.27	35:00	6:38	3	3:24	15	5:54	10.54	1:08:54	6:32	1	-	4	
Lap 3	5.27	36:48	6:58	2	4:16	15	7:45	15.81	1:45:42	6:41	3	10:13	8	0:43
Lap 4	5.27	39:55	7:34	3	5:44	20	10:37	21.08	2:25:37	6:54	3	15:57	9	1:04
Lap 5	5.27	41:13	7:49	3	3:52	18	11:27	26.35	3:06:50	7:05	3	19:49	9	3:13
Lap 6	5.27	44:36	8:27	3	7:08	22	13:50	31.62	3:51:26	7:19	3	24:52	8	10:21
Lap 7	5.27	46:51	8:53	3	6:41	24	14:58	36.89	4:38:17	7:32	2	17:02	8	1:03:32
Last lap Finish	5.27	45:26	8:37	3	2:45	21	13:13	42.16	5:23:43	7:40	3	28:28	20	3:54:02