



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MORELLI, Birgit

Club: Team Wörthersee Trail
Number: 237

Course: 42.16 km
Marathon

Category:
Frauen W30

Total time: 5:32:56

Speed: 7.57 km/h
Running performance: 7:54 min/km

Rank in course/Total: 246 (of 289)

Rank in course/Women: 21 (of 28)

Best time in course: 4:05:29

Rank in category: 3(of 7)

Best time in the category: 4:05:29

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	36:39	6:57	4	22	5:58	8:54	5.27	36:39	6:57	4	7	5:18	
Lap 2	5.27	37:27	7:06	4	21	7:48	8:21	10.54	1:14:06	7:01	4	2	2:58	
Lap 3	5.27	38:09	7:14	3	20	9:06	9:06	15.81	1:52:15	7:05	3	6	7:16	20:42
Lap 4	5.27	39:42	7:31	3	19	10:24	10:24	21.08	2:31:57	7:12	3	7	7:24	31:06
Lap 5	5.27	44:39	8:28	4	24	14:53	14:53	26.35	3:16:36	7:27	3	7	12:59	45:59
Lap 6	5.27	44:23	8:25	3	20	13:37	13:37	31.62	4:00:59	7:37	5	26	19:54	
Lap 7	5.27	45:17	8:35	3	19	13:24	13:24	36.89	4:46:16	7:45	3	6	1:11:31	1:13:00
Last lap Finish	5.27	46:40	8:51	5	23	14:27	14:27	42.16	5:32:56	7:53	4	22	4:03:15	4:03:15