



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SPITZNER, Monika

Club: LT Nauen-Falkensee
Number: 350

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 5:51:14

Speed: 7.17 km/h
Running performance: 8:20 min/km

Rank in course/Total: 266 (of 289)

Rank in course/Women: 25 (of 28)

Best time in course: 4:05:29

Rank in category: 8(of 8)

Best time in the category: 4:08:16

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	5.27	36:15	6:52	5	8:30	18	8:30	5.27	36:15	6:52	8	8:30	3	4:54
Lap 2	5.27	38:47	7:21	8	9:33	24	9:41	10.54	1:15:02	7:07	7	18:03	17	3:54
Lap 3	5.27	41:48	7:55	8	12:05	26	12:45	15.81	1:56:50	7:23	8	30:08	3	11:51
Lap 4	5.27	43:08	8:11	8	12:38	25	13:50	21.08	2:39:58	7:35	8	42:46	3	15:25
Lap 5	5.27	47:15	8:57	8	15:39	26	17:29	26.35	3:27:13	7:51	5	58:25	3	23:36
Lap 6	5.27	48:11	9:08	8	15:42	26	17:25	31.62	4:15:24	8:04	7	1:07:53	3	34:19
Lap 7	5.27	46:09	8:45	8	14:04	23	14:16	36.89	5:01:33	8:10	8	1:26:48	2	1:26:48
Last lap Finish	5.27	49:41	9:25	8	17:09	26	17:28	42.16	5:51:14	8:19	8	1:42:58	26	4:21:33