



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ROSCHLAUB, Ina

Club: Rennschnecken Cottbus
Number: 299

Course: 21.08 km
Halbmarathon

Category:
Frauen W40

Total time: 2:04:13

Speed: 10.14 km/h
Running performance: 5:53 min/km

Rank in course/Total: 6 (of 53)
Rank in course/Women: 1 (of 14)
Best time in course: 2:04:13

Rank in category: 1(of 4)
Best time in the category: 2:04:13

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | 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 | 31:06 | 5:54 | 1 | - | 1 | - | 5.27 | 31:06 | 5:54 | 1 | - | 1 | - |
| Lap 2 | 5.27 | 30:19 | 5:45 | 1 | - | 1 | - | 10.54 | 1:01:25 | 5:49 | 4 | - | 14 | - |
| Lap 3 | 5.27 | 31:24 | 5:57 | 1 | - | 1 | - | 15.81 | 1:32:49 | 5:52 | 1 | - | 1 | - |
| Last lap Finish | 5.27 | 31:24 | 5:57 | 1 | - | 1 | - | 21.08 | 2:04:13 | 5:53 | 1 | - | 1 | - |