



9. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KERRUTT, Anja

Club: Erfurt  
Number: 163

Course: 42.16 km  
Marathon

Category:  
Frauen W30

Total time: 4:05:29

Speed: 10.27 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 50 (of 289)

Rank in course/Women: 1 (of 28)

Best time in course: 4:05:29

Rank in category: 1(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 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	32:51	6:14	3	2:10	10	5:06	5.27	32:51	6:14	2	-	27	1:30
Lap 2	5.27	29:39	5:37	1	-	3	0:33	10.54	1:02:30	5:55	2	-	21	-
Lap 3	5.27	29:03	5:30	1	-	1	-	15.81	1:31:33	5:47	1	-	13	-
Lap 4	5.27	29:18	5:33	1	-	1	-	21.08	2:00:51	5:43	1	-	14	-
Lap 5	5.27	29:46	5:38	1	-	1	-	26.35	2:30:37	5:42	1	-	12	-
Lap 6	5.27	30:46	5:50	1	-	1	-	31.62	3:01:23	5:44	3	-	24	-
Lap 7	5.27	31:53	6:02	1	-	1	-	36.89	3:33:16	5:46	1	-	20	-
Last lap Finish	5.27	32:13	6:06	1	-	1	-	42.16	4:05:29	5:49	2	2:35:48	2	2:35:48