



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

JESCHKE, Katrin

Club: SV Elbland Coswig-Meißen e.V.
Number: 148

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 4:12:08

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 65 (of 289)

Rank in course/Women: 3 (of 28)

Best time in course: 4:05:29

Rank in category: 2(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	5.27	28:15	5:21	2	0:30	2	0:30	5.27	28:15	5:21	2	0:30	25	
Lap 2	5.27	30:00	5:41	2	0:46	5	0:54	10.54	58:15	5:31	2	1:16	19	
Lap 3	5.27	31:30	5:58	2	1:47	4	2:27	15.81	1:29:45	5:40	2	3:03	24	
Lap 4	5.27	31:47	6:01	2	1:17	4	2:29	21.08	2:01:32	5:45	2	4:20	25	
Lap 5	5.27	32:42	6:12	2	1:06	4	2:56	26.35	2:34:14	5:51	2	5:26	22	
Lap 6	5.27	33:17	6:18	2	0:48	4	2:31	31.62	3:07:31	5:55	1	-	22	
Lap 7	5.27	32:05	6:05	1	-	2	0:12	36.89	3:39:36	5:57	2	4:51	19	4:51
Last lap Finish	5.27	32:32	6:10	1	-	3	0:19	42.16	4:12:08	5:58	2	3:52	4	2:42:27