



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

JÄGER, Nicole

Club: 100 Marathon Club
Number: 124

Course: 31.62 km
3/4 Marathon

Category:
Frauen W40

Total time: 4:26:00

Speed: 7.13 km/h
Running performance: 8:25 min/km

Rank in course/Total: 23 (of 23)

Rank in course/Women: 2 (of 2)

Best time in course: 4:23:22

Rank in category: 1(of 1)

Best time in the category: 4:26:00

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	38:58	7:23	1	-	2	2:13	5.27	38:58	7:23	1	-	2	2:13
Lap 2	5.27	38:42	7:20	1	-	2	0:56	10.54	1:17:40	7:22	1	-	2	3:09
Lap 3	5.27	39:25	7:28	1	-	1	-	15.81	1:57:05	7:24	1	-	2	3:00
Lap 4	5.27	43:06	8:10	1	-	2	1:31	21.08	2:40:11	7:35	1	-	2	4:31
Lap 5	5.27	43:35	8:16	1	-	1	-	26.35	3:23:46	7:43	1	-	2	1:00
Last lap Finish	5.27	1:02:14	11:48	1	-	2	1:38	31.62	4:26:00	8:24	1	-	2	2:38