



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

Detailed evaluation

SEIDLOVA, Èva

Club: AK TIma&#269  
Number: 344

Course: 42.16 km  
Marathon

Category:  
Frauen W60

Total time: 4:42:39

Speed: 8.92 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 150 (of 289)

Rank in course/Women: 6 (of 28)

Best time in course: 4:05:29

Rank in category: 1(of 1)

Best time in the category: 4:42:39

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total					
	km	Time	min/km	Cat.	Behind	Pos	Behind	km	Time	min/km	Pos	Behind	Pos	Behind
Lap 1	5.27	35:38	6:45	1	-	16	7:53	5.27	35:38	6:45	1	-	22	4:17
Lap 2	5.27	36:43	6:58	1	-	18	7:37	10.54	1:12:21	6:51	1	-	16	1:13
Lap 3	5.27	35:30	6:44	1	-	12	6:27	15.81	1:47:51	6:49	1	-	21	2:52
Lap 4	5.27	35:27	6:43	1	-	9	6:09	21.08	2:23:18	6:47	1	-	22	
Lap 5	5.27	35:18	6:41	1	-	6	5:32	26.35	2:58:36	6:46	1	-	19	
Lap 6	5.27	34:50	6:36	1	-	5	4:04	31.62	3:33:26	6:44	1	-	20	
Lap 7	5.27	34:50	6:36	1	-	5	2:57	36.89	4:08:16	6:43	1	-	23	33:31
Last lap Finish	5.27	34:23	6:31	1	-	5	2:10	42.16	4:42:39	6:42	1	-	7	3:12:58