



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HEINEMANN, Ines

Club: Weimar
Number: 111

Course: 42.16 km
Marathon

Category:
Frauen W40

Total time: 4:49:44

Speed: 8.73 km/h
Running performance: 6:52 min/km

Rank in course/Total: 164 (of 289)

Rank in course/Women: 9 (of 28)

Best time in course: 4:05:29

Rank in category: 2(of 2)

Best time in the category: 4:48:48

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	31:33	5:59	2	2:43	8	3:48	5.27	31:33	5:59	2	2:43	19	0:12
Lap 2	5.27	34:09	6:28	2	5:03	11	5:03	10.54	1:05:42	6:14	2	7:46	13	
Lap 3	5.27	35:00	6:38	2	3:15	10	5:57	15.81	1:40:42	6:22	2	11:01	18	
Lap 4	5.27	36:19	6:53	2	3:32	11	7:01	21.08	2:17:01	6:29	2	14:33	19	
Lap 5	5.27	38:21	7:16	2	3:21	13	8:35	26.35	2:55:22	6:39	2	17:54	16	
Lap 6	5.27	39:02	7:24	2	0:35	13	8:16	31.62	3:34:24	6:46	2	18:29	17	
Lap 7	5.27	38:26	7:17	1	-	9	6:33	36.89	4:12:50	6:51	1	-	17	38:05
Last lap Finish	5.27	36:54	7:00	1	-	6	4:41	42.16	4:49:44	6:52	2	0:56	10	3:20:03