



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: 8.70 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 | | | Pos | | Behind | | Total | | | Pos | | Behind | |
|-----------------|-------|-------|--------|------|------|--------|-------|-------|---------|--------|------|-------|--------|---------|
| | km | Time | min/km | Cat. | Cat. | Women | Women | km | Time | min/km | Cat. | Cat. | Women | 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 |