



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DENZLER, Barbara

Club: TV Helmbrechts
Number: 47

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 4:50:04

Speed: 8.69 km/h
Running performance: 6:53 min/km

Rank in course/Total: 166 (of 289)

Rank in course/Women: 10 (of 28)

Best time in course: 4:05:29

Rank in category: 3(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	35:49	6:47	4	17	8:04	17	5.27	35:49	6:47	3	18	8:04	18	4:28
Lap 2	5.27	34:32	6:33	3	12	5:18	12	10.54	1:10:21	6:40	8	27	13:22	27	
Lap 3	5.27	35:19	6:42	3	11	5:36	11	15.81	1:45:40	6:41	3	17	18:58	17	0:41
Lap 4	5.27	37:01	7:01	3	13	6:31	13	21.08	2:22:41	6:46	3	18	25:29	18	
Lap 5	5.27	36:42	6:57	3	11	5:06	11	26.35	2:59:23	6:48	6	24	30:35	24	
Lap 6	5.27	36:33	6:56	3	6	4:04	6	31.62	3:35:56	6:49	2	16	28:25	16	
Lap 7	5.27	37:06	7:02	3	7	5:01	7	36.89	4:13:02	6:51	3	16	38:17	16	38:17
Last lap Finish	5.27	37:02	7:01	3	7	4:30	7	42.16	4:50:04	6:52	3	11	41:48	11	3:20:23