



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ANDERSEN, Janne

Club: Kolding Motion
Number: 5

Course: 42.16 km
Marathon

Category:
Frauen W35

Total time: 4:53:46

Speed: 8.58 km/h
Running performance: 6:58 min/km

Rank in course/Total: 182 (of 289)

Rank in course/Women: 11 (of 28)

Best time in course: 4:05:29

Rank in category: 2(of 2)

Best time in the category: 4:38:38

Control	Intermediate times			Stage score				Total ranking						
	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	36:34	6:56	2	5:21	21	8:49	5.27	36:34	6:56	2	5:21	17	5:13
Lap 2	5.27	34:34	6:33	2	2:34	13	5:28	10.54	1:11:08	6:44	1	-	1	-
Lap 3	5.27	34:47	6:36	2	0:49	9	5:44	15.81	1:45:55	6:41	2	8:44	16	0:56
Lap 4	5.27	35:40	6:46	2	1:05	10	6:22	21.08	2:21:35	6:42	2	9:49	17	
Lap 5	5.27	35:44	6:46	2	0:06	8	5:58	26.35	2:57:19	6:43	2	9:55	14	
Lap 6	5.27	38:12	7:14	2	0:57	11	7:26	31.62	3:35:31	6:48	2	10:52	15	
Lap 7	5.27	38:31	7:18	2	1:56	10	6:38	36.89	4:14:02	6:53	1	-	15	39:17
Last lap Finish	5.27	39:44	7:32	2	2:20	11	7:31	42.16	4:53:46	6:58	2	15:08	12	3:24:05