



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

JANNASCH-FLEISCHER, Bianka

Club: LT Nauen-Falkensee
Number: 145

Course: 42.16 km
Marathon

Category:
Frauen W50

Total time: 4:55:15

Speed: 8.54 km/h
Running performance: 7:00 min/km

Rank in course/Total: 189 (of 289)

Rank in course/Women: 13 (of 28)

Best time in course: 4:05:29

Rank in category: 1(of 4)

Best time in the category: 4:55:15

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	31:21	5:56	1	-	7	3:36	5.27	31:21	5:56	1	-	1	-
Lap 2	5.27	31:36	5:59	1	-	6	2:30	10.54	1:02:57	5:58	3	-	22	-
Lap 3	5.27	32:32	6:10	1	-	6	3:29	15.81	1:35:29	6:02	1	-	14	-
Lap 4	5.27	34:11	6:29	1	-	6	4:53	21.08	2:09:40	6:09	1	-	15	-
Lap 5	5.27	37:21	7:05	1	-	12	7:35	26.35	2:47:01	6:20	1	-	13	-
Lap 6	5.27	39:33	7:30	2	2:05	14	8:47	31.62	3:26:34	6:31	1	-	13	-
Lap 7	5.27	43:31	8:15	2	3:21	16	11:38	36.89	4:10:05	6:46	4	-	25	35:20
Last lap Finish	5.27	45:10	8:34	2	2:29	20	12:57	42.16	4:55:15	7:00	1	-	14	3:25:34