



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

TILL, Manuela

Club: LAC Berlin
Number: 376

Course: 21.08 km
Halbmarathon

Category:
Frauen W45

Total time: 2:26:20

Speed: 8.64 km/h
Running performance: 6:56 min/km

Rank in course/Total: 26 (of 53)

Rank in course/Women: 3 (of 14)

Best time in course: 2:04:13

Rank in category: 1(of 4)

Best time in the category: 2:26:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	33:41	6:23	1	-	2	2:35	5.27	33:41	6:23	1	-	3	2:35
Lap 2	5.27	34:51	6:36	1	-	2	4:32	10.54	1:08:32	6:30	1	-	2	
Lap 3	5.27	37:26	7:06	1	-	5	6:02	15.81	1:45:58	6:42	1	-	3	13:09
Last lap Finish	5.27	40:22	7:39	3	1:43	10	8:58	21.08	2:26:20	6:56	1	-	3	22:07