



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WOJCIECHOWSKI, Cornelia

Club: SV Kyffhäuser
Number: 410

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 5:11:59

Speed: 8.11 km/h
Running performance: 7:24 min/km

Rank in course/Total: 220 (of 289)

Rank in course/Women: 16 (of 28)

Best time in course: 4:05:29

Rank in category: 4(of 8)

Best time in the category: 4:08:16

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 | 36:25 | 6:54 | 6 | 8:40 | 20 | 8:40 | 5.27 | 36:25 | 6:54 | 4 | 8:40 | 12 | 5:04 |
| Lap 2 | 5.27 | 36:04 | 6:50 | 4 | 6:50 | 17 | 6:58 | 10.54 | 1:12:29 | 6:52 | 3 | 15:30 | 7 | 1:21 |
| Lap 3 | 5.27 | 36:52 | 6:59 | 4 | 7:09 | 16 | 7:49 | 15.81 | 1:49:21 | 6:54 | 4 | 22:39 | 11 | 4:22 |
| Lap 4 | 5.27 | 38:38 | 7:19 | 4 | 8:08 | 15 | 9:20 | 21.08 | 2:27:59 | 7:01 | 4 | 30:47 | 12 | 3:26 |
| Lap 5 | 5.27 | 40:06 | 7:36 | 4 | 8:30 | 15 | 10:20 | 26.35 | 3:08:05 | 7:08 | 7 | 39:17 | 25 | 4:28 |
| Lap 6 | 5.27 | 41:33 | 7:53 | 5 | 9:04 | 16 | 10:47 | 31.62 | 3:49:38 | 7:15 | 3 | 42:07 | 11 | 8:33 |
| Lap 7 | 5.27 | 42:58 | 8:09 | 6 | 10:53 | 15 | 11:05 | 36.89 | 4:32:36 | 7:23 | 4 | 57:51 | 11 | 57:51 |
| Last lap Finish | 5.27 | 39:23 | 7:28 | 4 | 6:51 | 10 | 7:10 | 42.16 | 5:11:59 | 7:23 | 4 | 1:03:43 | 17 | 3:42:18 |