



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

VAVROVA, Pavla

Club: AK Litvinov
Number: 383

Course: 21.08 km
Halbmarathon

Category:
Frauen W40

Total time: 2:26:55

Speed: 8.61 km/h
Running performance: 6:58 min/km

Rank in course/Total: 27 (of 53)
Rank in course/Women: 4 (of 14)
Best time in course: 2:04:13

Rank in category: 2(of 4)
Best time in the category: 2:04:13

Intermediate times				Stage score				Total ranking						
Control	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	36:02	6:50	3	4:56	5	4:56	5.27	36:02	6:50	2	4:56	4	4:56
Lap 2	5.27	36:29	6:55	2	6:10	4	6:10	10.54	1:12:31	6:52	1	-	3	3:38
Lap 3	5.27	36:57	7:00	2	5:33	3	5:33	15.81	1:49:28	6:55	2	16:39	4	16:39
Last lap Finish	5.27	37:27	7:06	2	6:03	2	6:03	21.08	2:26:55	6:58	2	22:42	4	22:42