



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GRUNER, Gisela

Club: LC Cottbus
Number: 100

Course: 21.08 km
Halbmarathon

Category:
Frauen W50

Total time: 2:30:20

Speed: 8.38 km/h
Running performance: 7:08 min/km

Rank in course/Total: 28 (of 53)

Rank in course/Women: 5 (of 14)

Best time in course: 2:04:13

Rank in category: 1(of 2)

Best time in the category: 2:30:20

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	36:40	6:57	2	0:05	8	5:34	5.27	36:40	6:57	1	-	5	5:34
Lap 2	5.27	36:37	6:56	1	-	5	6:18	10.54	1:13:17	6:57	1	-	4	4:24
Lap 3	5.27	37:48	7:10	2	0:45	7	6:24	15.81	1:51:05	7:01	1	-	5	18:16
Last lap Finish	5.27	39:15	7:26	1	-	7	7:51	21.08	2:30:20	7:07	1	-	5	26:07