



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KRUTZSCH, Cindy

Club: CaBa`s CaBaNauTeN
Number: 188

Course: 42.16 km
Marathon

Category:
Frauen W30

Total time: 5:38:30

Speed: 7.44 km/h
Running performance: 8:02 min/km

Rank in course/Total: 254 (of 289)

Rank in course/Women: 22 (of 28)

Best time in course: 4:05:29

Rank in category: 4(of 7)

Best time in the category: 4:05:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	5.27	40:19	7:39	5	25	9:38	12:34	5.27	40:19	7:39	5	4	8:58	
Lap 2	5.27	39:42	7:31	5	25	10:03	10:36	10.54	1:20:01	7:35	5	8	8:53	
Lap 3	5.27	40:24	7:39	5	24	11:21	11:21	15.81	2:00:25	7:36	5	26	15:26	28:52
Lap 4	5.27	40:59	7:46	4	23	11:41	11:41	21.08	2:41:24	7:39	4	6	16:51	40:33
Lap 5	5.27	43:14	8:12	3	22	13:28	13:28	26.35	3:24:38	7:45	4	6	21:01	54:01
Lap 6	5.27	44:59	8:32	4	23	14:13	14:13	31.62	4:09:37	7:53	1	6	28:32	-
Lap 7	5.27	45:20	8:36	4	20	13:27	13:27	36.89	4:54:57	7:59	4	5	1:20:12	1:21:41
Last lap Finish	5.27	43:33	8:15	3	18	11:20	11:20	42.16	5:38:30	8:01	5	23	4:08:49	4:08:49