



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SPITZNER, Monika

Club: LT Nauen-Falkensee
Number: 350

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 5:51:14

Speed: 7.17 km/h
Running performance: 8:20 min/km

Rank in course/Total: 266 (of 289)

Rank in course/Women: 25 (of 28)

Best time in course: 4:05:29

Rank in category: 8(of 8)

Best time in the category: 4:08:16

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|---------------|--------------|----------|-------------|-----------|--------------|
| | 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 | 36:15 | 6:52 | 5 | 8:30 | 18 | 8:30 | 5.27 | 36:15 | 6:52 | 8 | 8:30 | 3 | 4:54 |
| Lap 2 | 5.27 | 38:47 | 7:21 | 8 | 9:33 | 24 | 9:41 | 10.54 | 1:15:02 | 7:07 | 7 | 18:03 | 17 | 3:54 |
| Lap 3 | 5.27 | 41:48 | 7:55 | 8 | 12:05 | 26 | 12:45 | 15.81 | 1:56:50 | 7:23 | 8 | 30:08 | 3 | 11:51 |
| Lap 4 | 5.27 | 43:08 | 8:11 | 8 | 12:38 | 25 | 13:50 | 21.08 | 2:39:58 | 7:35 | 8 | 42:46 | 3 | 15:25 |
| Lap 5 | 5.27 | 47:15 | 8:57 | 8 | 15:39 | 26 | 17:29 | 26.35 | 3:27:13 | 7:51 | 5 | 58:25 | 3 | 23:36 |
| Lap 6 | 5.27 | 48:11 | 9:08 | 8 | 15:42 | 26 | 17:25 | 31.62 | 4:15:24 | 8:04 | 7 | 1:07:53 | 3 | 34:19 |
| Lap 7 | 5.27 | 46:09 | 8:45 | 8 | 14:04 | 23 | 14:16 | 36.89 | 5:01:33 | 8:10 | 8 | 1:26:48 | 2 | 1:26:48 |
| Last lap Finish | 5.27 | 49:41 | 9:25 | 8 | 17:09 | 26 | 17:28 | 42.16 | 5:51:14 | 8:19 | 8 | 1:42:58 | 26 | 4:21:33 |