



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

RANOSZEK, Anna

Club: Druzyna Szpiku
Number: 285

Course: 42.16 km
Marathon

Category:
Frauen W30

Total time: 5:53:13

Speed: 7.13 km/h
Running performance: 8:23 min/km

Rank in course/Total: 270 (of 289)

Rank in course/Women: 26 (of 28)

Best time in course: 4:05:29

Rank in category: 5(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 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	30:41	5:49	1	-	4	2:56	5.27	30:41	5:49	6		2	
Lap 2	5.27	35:23	6:42	3	5:44	16	6:17	10.54	1:06:04	6:16	6		25	
Lap 3	5.27	39:23	7:28	4	10:20	23	10:20	15.81	1:45:27	6:40	4	13:54	2	0:28
Lap 4	5.27	46:50	8:53	6	17:32	27	17:32	21.08	2:32:17	7:13	5	31:26	2	7:44
Lap 5	5.27	52:06	9:53	6	22:20	27	22:20	26.35	3:24:23	7:45	5	53:46	2	20:46
Lap 6	5.27	52:48	10:01	6	22:02	27	22:02	31.62	4:17:11	8:08	2	7:34	2	36:06
Lap 7	5.27	50:04	9:30	6	18:11	25	18:11	36.89	5:07:15	8:19	5	1:33:59	26	1:32:30
Last lap Finish	5.27	45:58	8:43	4	13:45	22	13:45	42.16	5:53:13	8:22	6	4:23:32	27	4:23:32