



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KRISTENSEN, Alice

Club: Team Alici
Number: 182

Course: 21.08 km
Halbmarathon

Category:
Frauen W45

Total time: 2:33:38

Speed: 8.23 km/h
Running performance: 7:17 min/km

Rank in course/Total: 32 (of 53)
Rank in course/Women: 9 (of 14)
Best time in course: 2:04:13

Rank in category: 2(of 4)
Best time in the category: 2:26:20

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	36:17	6:53	2	2:36	6	5:11	5.27	36:17	6:53	2	2:36	9	5:11
Lap 2	5.27	36:46	6:58	2	1:55	6	6:27	10.54	1:13:03	6:55	2	4:31	8	4:10
Lap 3	5.27	38:15	7:15	3	0:49	8	6:51	15.81	1:51:18	7:02	2	5:20	9	18:29
Last lap Finish	5.27	42:20	8:01	4	3:41	11	10:56	21.08	2:33:38	7:17	2	7:18	9	29:25