



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BLUMENSAAT, Susanne

Club: www.schritt-weise.de
Number: 416

Course: 21.08 km
Halbmarathon

Category:
Frauen W45

Total time: 2:33:47

Speed: 8.22 km/h
Running performance: 7:18 min/km

Rank in course/Total: 34 (of 53)
Rank in course/Women: 10 (of 14)
Best time in course: 2:04:13

Rank in category: 3(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	39:02	7:24	4	5:21	13	7:56	5.27	39:02	7:24	3	5:21	10	7:56
Lap 2	5.27	38:23	7:17	3	3:32	9	8:04	10.54	1:17:25	7:20	3	8:53	9	8:32
Lap 3	5.27	37:43	7:09	2	0:17	6	6:19	15.81	1:55:08	7:16	3	9:10	10	22:19
Last lap Finish	5.27	38:39	7:20	1	-	4	7:15	21.08	2:33:47	7:17	3	7:27	10	29:34