



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Littwin, Gabi

Club: LT Lippehasen
Number: 221

Course: 42.16 km
Marathon

Category:
Frauen W50

Total time: 5:30:33

Speed: 7.62 km/h
Running performance: 7:50 min/km

Rank in course/Total: 247 (of 311)

Rank in course/Women: 19 (of 32)

Best time in course: 3:54:55

Rank in category: 2(of 3)

Best time in the category: 4:19:20

Intermediate times

Stage score

Total ranking

| Control | Split | | | Pos | | Behind | | Total | | | Pos | | Behind | |
|---------|-------|-------|--------|------|-------|--------|-------|-------|---------|--------|------|---------|--------|---------|
| | km | Time | min/km | Cat. | Cat. | Women | Women | km | Time | min/km | Cat. | Cat. | Women | Women |
| Runde | 5.27 | 39:06 | 7:25 | 3 | 9:43 | 26 | 12:53 | 5.27 | 39:06 | 7:25 | 3 | 0:25 | 12 | 1:47 |
| Runde | 5.27 | 39:01 | 7:24 | 2 | 7:55 | 24 | 12:10 | 10.54 | 1:18:07 | 7:24 | 2 | 17:38 | 12 | 7:36 |
| Runde | 5.27 | 39:06 | 7:25 | 2 | 7:48 | 22 | 10:53 | 15.81 | 1:57:13 | 7:24 | 2 | 25:26 | 12 | 11:12 |
| Runde | 5.27 | 38:36 | 7:19 | 2 | 6:39 | 18 | 9:22 | 21.08 | 2:35:49 | 7:23 | 2 | 32:05 | 12 | 12:58 |
| Runde | 5.27 | 40:52 | 7:45 | 2 | 8:36 | 19 | 10:25 | 26.35 | 3:16:41 | 7:27 | 2 | 40:41 | 12 | 15:33 |
| Runde | 5.27 | 42:58 | 8:09 | 2 | 9:26 | 19 | 12:23 | 31.62 | 3:59:39 | 7:34 | 2 | 50:07 | 12 | 18:35 |
| Runde | 5.27 | 44:33 | 8:27 | 2 | 10:21 | 17 | 13:29 | 36.89 | 4:44:12 | 7:42 | 2 | 1:00:28 | 12 | 21:56 |
| Runde | 5.27 | 46:21 | 8:47 | 2 | 10:45 | 22 | 15:52 | 42.16 | 5:30:33 | 7:50 | 3 | 4:01:52 | 22 | 4:52:28 |