



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

Detailed evaluation

Szpakowska, Agnieszka

Club: Vorwärts Köln
Number: 397

Course: 42.16 km
Marathon

Category:
Frauen W30

Total time: 5:35:20

Speed: 7.51 km/h
Running performance: 7:57 min/km

Rank in course/Total: 263 (of 311)

Rank in course/Women: 23 (of 32)

Best time in course: 3:54:55

Rank in category: 2(of 3)

Best time in the category: 5:25:29

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	35:23	6:42	1	-	16	9:10	5.27	35:23	6:42	3		8	
Runde	5.27	37:57	7:12	2	0:45	20	11:06	10.54	1:13:20	6:57	2		8	2:49
Runde	5.27	38:18	7:16	2	0:22	20	10:05	15.81	1:51:38	7:03	2		8	5:37
Runde	5.27	40:22	7:39	2	1:36	22	11:08	21.08	2:32:00	7:12	2	0:15	8	9:09
Runde	5.27	44:42	8:28	2	4:11	24	14:15	26.35	3:16:42	7:27	2	4:26	8	15:34
Runde	5.27	46:54	8:53	2	5:54	25	16:19	31.62	4:03:36	7:42	2	10:20	8	22:32
Runde	5.27	48:08	9:08	2	3:15	23	17:04	36.89	4:51:44	7:54	2	13:35	8	29:28
Runde	5.27	43:36	8:16	2	6:32	21	13:07	42.16	5:35:20	7:57	3	3:20:32	26	4:57:15