



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

Detailed evaluation

Rockmann, Lana

Club: CaBa`s CaBaNauTeN
Number: 313

Course: 42.16 km
Marathon

Category:
Frauen W35

Total time: 6:02:05

Speed: 6.96 km/h
Running performance: 8:35 min/km

Rank in course/Total: 298 (of 311)

Rank in course/Women: 27 (of 32)

Best time in course: 3:54:55

Rank in category: 5(of 5)

Best time in the category: 4:04:49

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Runde	5.27	39:31	7:29	5	9:59	27	13:18	5.27	39:31	7:29	5	8:54	4	2:12
Runde	5.27	40:38	7:42	5	10:03	27	13:47	10.54	1:20:09	7:36	5	18:55	4	9:38
Runde	5.27	40:39	7:42	5	10:19	25	12:26	15.81	2:00:48	7:38	5	29:14	4	14:47
Runde	5.27	41:36	7:53	5	11:30	23	12:22	21.08	2:42:24	7:42	5	40:44	4	19:33
Runde	5.27	46:32	8:49	5	15:53	25	16:05	26.35	3:28:56	7:55	5	56:37	4	27:48
Runde	5.27	50:18	9:32	5	19:21	28	19:43	31.62	4:19:14	8:11	5	1:15:58	4	38:10
Runde	5.27	51:00	9:40	5	19:56	28	19:56	36.89	5:10:14	8:24	5	1:35:54	4	47:58
Runde	5.27	51:51	9:50	5	21:22	29	21:22	42.16	6:02:05	8:35	5	1:57:16	30	5:24:00