



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

Detailed evaluation

Heiml, Alexandra

Club: Eigner- Express  
Number: 128

Course: 42.16 km  
Marathon

Category:  
Frauen W35

Total time: 4:13:26

Speed: 9.94 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 60 (of 311)

Rank in course/Women: 5 (of 32)

Best time in course: 3:54:55

Rank in category: 2(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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde	5.27	30:38	5:48	3	1:06	8	4:25	5.27	30:38	5:48	2	0:01	26	
Runde	5.27	30:35	5:48	1	-	5	3:44	10.54	1:01:13	5:48	2		26	
Runde	5.27	30:59	5:52	2	0:39	6	2:46	15.81	1:32:12	5:49	2	0:38	26	
Runde	5.27	31:16	5:55	2	1:10	5	2:02	21.08	2:03:28	5:51	2	1:48	26	
Runde	5.27	31:49	6:02	2	1:10	5	1:22	26.35	2:35:17	5:53	2	2:58	26	
Runde	5.27	32:35	6:10	2	1:38	5	2:00	31.62	3:07:52	5:56	2	4:36	26	
Runde	5.27	32:56	6:14	2	1:52	5	1:52	36.89	3:40:48	5:59	2	6:28	26	
Runde	5.27	32:38	6:11	2	2:09	4	2:09	42.16	4:13:26	6:00	2	8:37	8	3:35:21