



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

Detailed evaluation

Enzian, Iris

Club: sc impuls erfurt
Number: 449

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 4:56:44

Speed: 8.49 km/h
Running performance: 7:02 min/km

Rank in course/Total: 179 (of 311)

Rank in course/Women: 13 (of 32)

Best time in course: 3:54:55

Rank in category: 3(of 9)

Best time in the category: 4:02:43

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	31:21	5:56	3	1:45	9	5:08	5.27	31:21	5:56	3	1:45	18	
Runde	5.27	34:06	6:28	3	4:51	11	7:15	10.54	1:05:27	6:12	3	6:36	18	
Runde	5.27	35:55	6:48	4	6:15	13	7:42	15.81	1:41:22	6:24	3	12:51	18	
Runde	5.27	36:59	7:01	5	7:08	15	7:45	21.08	2:18:21	6:33	3	19:59	18	
Runde	5.27	37:58	7:12	3	7:31	13	7:31	26.35	2:56:19	6:41	3	27:19	18	
Runde	5.27	39:28	7:29	4	8:24	13	8:53	31.62	3:35:47	6:49	3	35:35	18	
Runde	5.27	40:28	7:40	4	9:11	13	9:24	36.89	4:16:15	6:56	3	44:46	18	
Runde	5.27	40:29	7:40	5	9:15	14	10:00	42.16	4:56:44	7:02	4	4:18:39	16	4:18:39