



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

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin  
Number: 57

Course: 42.16 km  
Marathon

Category:  
Frauen W45

Total time: 5:08:50

Speed: 8.16 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 207 (of 311)

Rank in course/Women: 16 (of 32)

Best time in course: 3:54:55

Rank in category: 6(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	34:16	6:30	4	4:40	13	8:03	5.27	34:16	6:30	6	4:40	15	
Runde	5.27	36:32	6:55	6	7:17	16	9:41	10.54	1:10:48	6:43	6	11:57	15	0:17
Runde	5.27	37:17	7:04	6	7:37	16	9:04	15.81	1:48:05	6:50	6	19:34	15	2:04
Runde	5.27	38:05	7:13	6	8:14	17	8:51	21.08	2:26:10	6:56	6	27:48	15	3:19
Runde	5.27	38:54	7:22	6	8:27	16	8:27	26.35	3:05:04	7:01	6	36:04	15	3:56
Runde	5.27	40:04	7:36	6	9:00	15	9:29	31.62	3:45:08	7:07	6	44:56	15	4:04
Runde	5.27	41:02	7:47	5	9:45	14	9:58	36.89	4:26:10	7:12	6	54:41	15	3:54
Runde	5.27	42:40	8:05	8	11:26	19	12:11	42.16	5:08:50	7:19	7	4:30:45	19	4:30:45