



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

Detailed evaluation

Littwin, Gabi

Club: LT Lippehasen  
Number: 221

Course: 42.16 km  
Marathon

Category:  
Frauen W50

Total time: 5:30:33

Speed: 7.65 km/h  
Running performance: 7:50 min/km

Rank in course/Total: 247 (of 311)

Rank in course/Women: 19 (of 32)

Best time in course: 3:54:55

Rank in category: 2(of 3)

Best time in the category: 4:19:20

| Intermediate times |          |            |              | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|--------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Women | Behind Women | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Runde              | 5.27     | 39:06      | 7:25         | 3           | 9:43        | 26        | 12:53        | 5.27          | 39:06      | 7:25         | 3        | 0:25        | 12        | 1:47         |
| Runde              | 5.27     | 39:01      | 7:24         | 2           | 7:55        | 24        | 12:10        | 10.54         | 1:18:07    | 7:24         | 2        | 17:38       | 12        | 7:36         |
| Runde              | 5.27     | 39:06      | 7:25         | 2           | 7:48        | 22        | 10:53        | 15.81         | 1:57:13    | 7:24         | 2        | 25:26       | 12        | 11:12        |
| Runde              | 5.27     | 38:36      | 7:19         | 2           | 6:39        | 18        | 9:22         | 21.08         | 2:35:49    | 7:23         | 2        | 32:05       | 12        | 12:58        |
| Runde              | 5.27     | 40:52      | 7:45         | 2           | 8:36        | 19        | 10:25        | 26.35         | 3:16:41    | 7:27         | 2        | 40:41       | 12        | 15:33        |
| Runde              | 5.27     | 42:58      | 8:09         | 2           | 9:26        | 19        | 12:23        | 31.62         | 3:59:39    | 7:34         | 2        | 50:07       | 12        | 18:35        |
| Runde              | 5.27     | 44:33      | 8:27         | 2           | 10:21       | 17        | 13:29        | 36.89         | 4:44:12    | 7:42         | 2        | 1:00:28     | 12        | 21:56        |
| Runde              | 5.27     | 46:21      | 8:47         | 2           | 10:45       | 22        | 15:52        | 42.16         | 5:30:33    | 7:50         | 3        | 4:01:52     | 22        | 4:52:28      |