



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

Detailed evaluation

Hertz, Gisela

Club: Marathon Steinfurt
Number: 135

Course: 42.16 km
Marathon

Category:
Frauen W55

Total time: 5:30:41

Speed: 7.62 km/h
Running performance: 7:50 min/km

Rank in course/Total: 248 (of 311)

Rank in course/Women: 20 (of 32)

Best time in course: 3:54:55

Rank in category: 1(of 3)

Best time in the category: 5:30:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	35:41	6:46	2	1:40	17	9:28	5.27	35:41	6:46	1	-	11	
Runde	5.27	38:28	7:17	3	2:35	22	11:37	10.54	1:14:09	7:02	1	-	11	3:38
Runde	5.27	38:39	7:20	2	0:48	21	10:26	15.81	1:52:48	7:08	1	-	11	6:47
Runde	5.27	40:20	7:39	1	-	21	11:06	21.08	2:33:08	7:15	1	-	11	10:17
Runde	5.27	42:40	8:05	2	0:39	21	12:13	26.35	3:15:48	7:25	1	-	11	14:40
Runde	5.27	46:32	8:49	2	3:21	24	15:57	31.62	4:02:20	7:39	1	-	11	21:16
Runde	5.27	45:00	8:32	1	-	20	13:56	36.89	4:47:20	7:47	1	-	11	25:04
Runde	5.27	43:21	8:13	1	-	20	12:52	42.16	5:30:41	7:50	1	-	23	4:52:36