



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

Detailed evaluation

Spitzner, Monika

Club: LT Nauen-Falkensee
Number: 385

Course: 42.16 km
Marathon

Category:
Frauen W45

Total time: 5:45:55

Speed: 7.28 km/h
Running performance: 8:12 min/km

Rank in course/Total: 280 (of 311)

Rank in course/Women: 24 (of 32)

Best time in course: 3:54:55

Rank in category: 8(of 9)

Best time in the category: 4:02:43

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	36:15	6:52	6	6:39	20	10:02	5.27	36:15	6:52	8	6:39	7	
Runde	5.27	39:15	7:26	8	10:00	26	12:24	10.54	1:15:30	7:09	8	16:39	7	4:59
Runde	5.27	40:58	7:46	8	11:18	26	12:45	15.81	1:56:28	7:21	8	27:57	7	10:27
Runde	5.27	42:32	8:04	8	12:41	26	13:18	21.08	2:39:00	7:32	8	40:38	7	16:09
Runde	5.27	43:24	8:14	8	12:57	23	12:57	26.35	3:22:24	7:40	8	53:24	7	21:16
Runde	5.27	46:00	8:43	8	14:56	23	15:25	31.62	4:08:24	7:51	8	1:08:12	7	27:20
Runde	5.27	48:50	9:15	8	17:33	25	17:46	36.89	4:57:14	8:03	8	1:25:45	7	34:58
Runde	5.27	48:41	9:14	9	17:27	25	18:12	42.16	5:45:55	8:12	9	5:07:50	27	5:07:50