



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

Detailed evaluation

Kubis, Dagmar

Club: sc impuls erfurt
Number: 555

Course: 21.08 km
Halbmarathon

Category:
Frauen W45

Total time: 2:35:30

Speed: 8.10 km/h
Running performance: 7:23 min/km

Rank in course/Total: 37 (of 64)

Rank in course/Women: 4 (of 11)

Best time in course: 2:23:29

Rank in category: 1(of 3)

Best time in the category: 2:35:30

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	38:45	7:21	2	3:49	8	3:49	5.27	38:45	7:21	3	3:49	10	3:07
Runde	5.27	37:57	7:12	1	-	6	3:00	10.54	1:16:42	7:16	3	3:09	10	6:07
Runde	5.27	38:44	7:20	1	-	2	2:38	15.81	1:55:26	7:18	3	0:38	10	8:45
Runde	5.27	40:04	7:36	1	-	4	3:16	21.08	2:35:30	7:22	1	-	4	12:01