



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Heiml, Alexandra

Club: Eigner Express

Number: 145

Course: 42.18 km

Marathon

Category:

Frauen W35

Total time: 3:55:26

Speed: 10.70 km/h

Running performance: 5:35 min/km

Rank in course/Total: 51 (of 305)

Rank in course/Women: 4 (of 34)

Best time in course: 3:41:58

Rank in category: 3(of 9)

Best time in the category: 3:48:24

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	0.50	1:32	3:04	1	-	3	0:18	0.50	1:32	3:04	5		24	
Runde	3.47	17:41	5:05	3	0:38	4	0:38	3.97	19:13	4:50	5		24	
Runde	3.47	18:32	5:20	3	18:14	4	18:14	7.44	37:45	5:04	5		24	
Runde	3.47	19:05	5:29	4	18:22	6	18:22	10.91	56:50	5:12	5	11:07	24	
Runde	3.47	19:26	5:36	4	18:30	6	18:30	14.38	1:16:16	5:18	5	29:37	24	
Runde	3.47	19:25	5:35	3	1:04	5	1:22	17.85	1:35:41	5:21	4		29	
Runde	3.47	19:34	5:38	3	0:54	4	1:02	21.32	1:55:15	5:24	4		29	
Runde	3.47	19:56	5:44	3	1:38	4	1:38	24.79	2:15:11	5:27	4		29	
Runde	3.47	19:57	5:44	2	1:04	3	1:09	28.26	2:35:08	5:29	3	5:46	29	
Runde	3.47	19:58	5:45	2	0:20	4	1:12	31.73	2:55:06	5:31	3	6:06	29	
Runde	3.47	20:13	5:49	1	-	3	1:05	35.20	3:15:19	5:32	3	6:02	29	
Runde	3.47	20:14	5:49	1	-	2	1:25	38.67	3:35:33	5:34	3	5:59	29	
Finish	3.47	19:53	5:43	2	1:03	4	19:26	42.18	3:55:26	5:34	3	7:02	4	13:28