



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Smeets, Uschi

Club: nasty invalids
Number: 53

Course: 42.18 km
Marathon

Category:
Frauen W45

Total time: 4:06:59

Speed: 10.20 km/h
Running performance: 5:51 min/km

Rank in course/Total: 74 (of 305)

Rank in course/Women: 5 (of 34)

Best time in course: 3:41:58

Rank in category: 2(of 5)

Best time in the category: 3:41:58

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	2:12	4:24	5	0:39	22	0:58	0.50	2:12	4:24	2	0:39	25	
Runde	3.47	20:30	5:54	3	3:04	15	3:27	3.97	22:42	5:43	2	3:43	25	
Runde	3.47	20:01	5:46	3	2:31	11	19:43	7.44	42:43	5:44	2	6:14	25	
Runde	3.47	19:36	5:38	2	1:30	8	18:53	10.91	1:02:19	5:42	2	7:44	25	
Runde	3.47	19:28	5:36	2	1:35	7	18:32	14.38	1:21:47	5:41	2	9:19	25	
Runde	3.47	20:38	5:56	2	2:35	6	2:35	17.85	1:42:25	5:44	2	11:54	28	
Runde	3.47	20:47	5:59	2	2:15	6	2:15	21.32	2:03:12	5:46	2	14:09	28	
Runde	3.47	21:55	6:18	2	3:07	7	3:37	24.79	2:25:07	5:51	2	17:16	28	
Runde	3.47	22:27	6:28	2	3:39	7	3:39	28.26	2:47:34	5:55	2	20:55	28	
Runde	3.47	19:05	5:29	2	0:19	2	0:19	31.73	3:06:39	5:52	2	21:14	28	
Runde	3.47	19:48	5:42	2	0:40	2	0:40	35.20	3:26:27	5:51	2	21:54	28	
Runde	3.47	20:24	5:52	2	1:35	4	1:35	38.67	3:46:51	5:51	2	23:29	28	
Finish	3.47	20:08	5:48	2	1:32	5	19:41	42.18	4:06:59	5:51	2	25:01	5	25:01