



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen
Number: 380

Course: 42.18 km
Marathon

Category:
Frauen W50

Total time: 4:19:45

Speed: 9.74 km/h
Running performance: 6:10 min/km

Rank in course/Total: 110 (of 305)

Rank in course/Women: 7 (of 34)

Best time in course: 3:41:58

Rank in category: 1(of 5)

Best time in the category: 4:19:45

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	1:14	2:28	1	-	1	-	0.50	1:14	2:28	2	-	18	-
Runde	3.47	18:02	5:11	1	-	6	0:59	3.97	19:16	4:51	2	-	18	-
Runde	3.47	18:56	5:27	1	-	6	18:38	7.44	38:12	5:08	2	-	18	-
Runde	3.47	19:20	5:34	1	-	7	18:37	10.91	57:32	5:16	2	-	18	-
Runde	3.47	19:47	5:42	1	-	8	18:51	14.38	1:17:19	5:22	2	-	18	-
Runde	3.47	20:41	5:57	1	-	7	2:38	17.85	1:38:00	5:29	2	-	26	-
Runde	3.47	21:18	6:08	1	-	8	2:46	21.32	1:59:18	5:35	2	-	26	-
Runde	3.47	22:28	6:28	1	-	9	4:10	24.79	2:21:46	5:43	2	-	26	-
Runde	3.47	22:48	6:34	1	-	8	4:00	28.26	2:44:34	5:49	2	-	26	-
Runde	3.47	23:48	6:51	1	-	10	5:02	31.73	3:08:22	5:56	1	-	26	-
Runde	3.47	23:49	6:51	1	-	10	4:41	35.20	3:32:11	6:01	1	-	26	-
Runde	3.47	24:14	6:59	1	-	8	5:25	38.67	3:56:25	6:06	1	-	26	-
Finish	3.47	23:20	6:43	1	-	10	22:53	42.18	4:19:45	6:09	1	-	7	37:47