



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Elsner, Steffi

Club: Hoppegarten
Number: 367

Course: 42.18 km
Marathon

Category:
Frauen W40

Total time: 4:30:41

Speed: 9.31 km/h
Running performance: 6:25 min/km

Rank in course/Total: 150 (of 305)

Rank in course/Women: 10 (of 34)

Best time in course: 3:41:58

Rank in category: 2(of 5)

Best time in the category: 4:29:01

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	1:49	3:38	2	0:16	12	0:35	0.50	1:49	3:38	2	0:16	30	
Runde	3.47	19:49	5:42	2	2:04	10	2:46	3.97	21:38	5:26	2	2:20	30	
Runde	3.47	20:23	5:52	2	1:01	12	20:05	7.44	42:01	5:38	2	3:21	30	
Runde	3.47	20:30	5:54	2	0:32	12	19:47	10.91	1:02:31	5:43	2	3:53	30	
Runde	3.47	20:34	5:55	2	0:35	12	19:38	14.38	1:23:05	5:46	2	4:28	30	
Runde	3.47	21:18	6:08	2	0:35	12	3:15	17.85	1:44:23	5:50	2	5:03	23	
Runde	3.47	21:33	6:12	1	-	9	3:01	21.32	2:05:56	5:54	2	5:02	23	
Runde	3.47	23:20	6:43	2	1:23	13	5:02	24.79	2:29:16	6:01	2	6:25	23	
Runde	3.47	23:14	6:41	1	-	10	4:26	28.26	2:52:30	6:06	2	6:16	23	
Runde	3.47	23:45	6:50	1	-	9	4:59	31.73	3:16:15	6:11	2	3:47	23	
Runde	3.47	24:34	7:04	1	-	12	5:26	35.20	3:40:49	6:16	2	1:34	23	
Runde	3.47	24:53	7:10	1	-	14	6:04	38.67	4:05:42	6:21	2	1:21	23	
Finish	3.47	24:59	7:11	3	1:42	20	24:32	42.18	4:30:41	6:25	2	1:40	10	48:43