



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Grunert, Isabel**

Club: Team Endurance Radebeul e.V.  
Number: 334

Course: 42.18 km  
Marathon

Category:  
Frauen W30

Total time: 4:33:30

Speed: 9.21 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 163 (of 305)

Rank in course/Women: 11 (of 34)

Best time in course: 3:41:58

Rank in category: 2(of 6)

Best time in the category: 4:14:12

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	2:07	4:14	3	0:38	19	0:53	0.50	2:07	4:14	2			31
Runde	3.47	20:25	5:53	3	0:24	14	3:22	3.97	22:32	5:40	2	0:20		31
Runde	3.47	20:53	6:01	2	1:30	15	20:35	7.44	43:25	5:50	2	1:50		31
Runde	3.47	20:37	5:56	2	1:33	13	19:54	10.91	1:04:02	5:52	2	3:23		31
Runde	3.47	21:59	6:20	2	3:12	15	21:03	14.38	1:26:01	5:58	2	6:35		31
Runde	3.47	22:04	6:21	2	2:49	13	4:01	17.85	1:48:05	6:03	2	9:24		22
Runde	3.47	22:31	6:29	2	2:20	11	3:59	21.32	2:10:36	6:07	2	11:44		22
Runde	3.47	23:01	6:37	2	1:51	10	4:43	24.79	2:33:37	6:11	2	13:35		22
Runde	3.47	23:02	6:38	2	1:23	9	4:14	28.26	2:56:39	6:15	2	14:58		22
Runde	3.47	23:52	6:52	3	2:03	11	5:06	31.73	3:20:31	6:19	2	17:01		22
Runde	3.47	26:05	7:31	4	3:05	16	6:57	35.20	3:46:36	6:26	2	20:06		22
Runde	3.47	25:03	7:13	4	1:51	15	6:14	38.67	4:11:39	6:30	2	20:52		22
Finish	3.47	21:51	6:17	1	-	8	21:24	42.18	4:33:30	6:29	2	19:18	11	51:32