



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Szpakowska, Agnieszka

Club: Vorwärts Köln
Number: 20

Course: 42.18 km
Marathon

Category:
Frauen W30

Total time: 4:40:05

Speed: 9.00 km/h
Running performance: 6:38 min/km

Rank in course/Total: 186 (of 305)

Rank in course/Women: 15 (of 34)

Best time in course: 3:41:58

Rank in category: 3(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	1:29	2:58	1	-	2	0:15	0.50	1:29	2:58	3		10	
Runde	3.47	20:15	5:50	2	0:14	13	3:12	3.97	21:44	5:28	3		10	
Runde	3.47	22:02	6:20	3	2:39	20	21:44	7.44	43:46	5:52	3	2:11	10	
Runde	3.47	23:00	6:37	5	3:56	23	22:17	10.91	1:06:46	6:07	3	6:07	10	
Runde	3.47	23:02	6:38	5	4:15	22	22:06	14.38	1:29:48	6:14	3	10:22	10	
Runde	3.47	23:51	6:52	5	4:36	23	5:48	17.85	1:53:39	6:22	3	14:58	10	
Runde	3.47	23:49	6:51	4	3:38	18	5:17	21.32	2:17:28	6:26	3	18:36	10	
Runde	3.47	23:56	6:53	4	2:46	16	5:38	24.79	2:41:24	6:30	3	21:22	10	
Runde	3.47	24:32	7:04	4	2:53	18	5:44	28.26	3:05:56	6:34	3	24:15	18	1:06
Runde	3.47	23:24	6:44	2	1:35	8	4:38	31.73	3:29:20	6:35	3	25:50	18	
Runde	3.47	23:05	6:39	2	0:05	7	3:57	35.20	3:52:25	6:36	3	25:55	18	
Runde	3.47	23:12	6:41	1	-	6	4:23	38.67	4:15:37	6:36	3	24:50	18	
Finish	3.47	24:28	7:03	4	2:37	15	24:01	42.18	4:40:05	6:38	3	25:53	15	58:07