



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Achilles, Kathrin**

Club: mck e.V.Birkenstein  
Number: 388

Course: 42.18 km  
Marathon

Category:  
Frauen W40

Total time: 5:42:35

Speed: 7.36 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 274 (of 305)

Rank in course/Women: 29 (of 34)

Best time in course: 3:41:58

Rank in category: 5(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     | 2:06       | 4:12         | 3           | 0:33        | 18        | 0:52         | 0.50          | 2:06       | 4:12         | 5        | 0:33        | 16        |              |
| Runde              | 3.47     | 24:02      | 6:55         | 5           | 6:17        | 30        | 6:59         | 3.97          | 26:08      | 6:34         | 5        | 6:50        | 16        |              |
| Runde              | 3.47     | 23:49      | 6:51         | 5           | 4:27        | 29        | 23:31        | 7.44          | 49:57      | 6:42         | 5        | 11:17       | 16        |              |
| Runde              | 3.47     | 25:06      | 7:14         | 5           | 5:08        | 31        | 24:23        | 10.91         | 1:15:03    | 6:52         | 5        | 16:25       | 16        |              |
| Runde              | 3.47     | 27:18      | 7:52         | 5           | 7:19        | 34        | 26:22        | 14.38         | 1:42:21    | 7:07         | 5        | 23:44       | 16        | 0:09         |
| Runde              | 3.47     | 25:29      | 7:20         | 5           | 4:46        | 30        | 7:26         | 17.85         | 2:07:50    | 7:09         | 5        | 28:30       | 16        | 0:15         |
| Runde              | 3.47     | 26:29      | 7:37         | 5           | 4:56        | 30        | 7:57         | 21.32         | 2:34:19    | 7:14         | 5        | 33:25       | 16        | 0:46         |
| Runde              | 3.47     | 27:26      | 7:54         | 5           | 5:29        | 30        | 9:08         | 24.79         | 3:01:45    | 7:19         | 5        | 38:54       | 16        | 2:25         |
| Runde              | 3.47     | 29:52      | 8:36         | 5           | 6:38        | 30        | 11:04        | 28.26         | 3:31:37    | 7:29         | 5        | 45:23       | 3         | 26:47        |
| Runde              | 3.47     | 31:27      | 9:03         | 5           | 7:42        | 31        | 12:41        | 31.73         | 4:03:04    | 7:39         | 5        | 50:36       | 3         | 33:15        |
| Runde              | 3.47     | 31:09      | 8:58         | 5           | 6:35        | 29        | 12:01        | 35.20         | 4:34:13    | 7:47         | 5        | 54:58       | 3         | 37:50        |
| Runde              | 3.47     | 33:55      | 9:46         | 5           | 9:02        | 29        | 15:06        | 38.67         | 5:08:08    | 7:58         | 5        | 1:03:47     | 3         | 46:13        |
| Finish             | 3.47     | 34:27      | 9:55         | 5           | 11:10       | 30        | 34:00        | 42.18         | 5:42:35    | 8:07         | 5        | 1:13:34     | 29        | 2:00:37      |