



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Ledermann, Jeannette

Club: LT Nauen-Falkensee
Number: 55

Course: 21.34 km
Halbmarathon

Category:
Frauen W45

Total time: 2:29:56

Speed: 8.40 km/h
Running performance: 7:01 min/km

Rank in course/Total: 32 (of 44)
Rank in course/Women: 4 (of 10)
Best time in course: 2:20:36

Rank in category: 1(of 1)
Best time in the category: 2:29:56

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	1:56	3:52	1	-	3	0:08	0.50	1:56	3:52	1	-	4	0:01
Runde	3.47	25:55	7:28	1	-	9	5:31	3.97	27:51	7:00	1	-	4	3:31
Runde	3.47	23:10	6:40	1	-	6	2:32	7.44	51:01	6:51	1	-	4	3:48
Runde	3.47	22:23	6:27	1	-	2	0:08	10.91	1:13:24	6:43	1	-	4	3:01
Runde	3.47	29:33	8:30	1	-	8	5:51	14.38	1:42:57	7:09	1	-	4	8:52
Runde	3.47	22:48	6:34	1	-	1	-	17.85	2:05:45	7:02	1	-	4	8:28
Finish	3.47	24:11	6:58	1	-	2	0:52	21.34	2:29:56	7:01	1	-	4	9:20