



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Jensen, Iben Lindgaard

Club: Norresundby/ DEN
Number: 351

Course: 21.34 km
Halbmarathon

Category:
Frauen W30

Total time: 2:31:47

Speed: 8.30 km/h
Running performance: 7:07 min/km

Rank in course/Total: 33 (of 44)
Rank in course/Women: 5 (of 10)
Best time in course: 2:20:36

Rank in category: 2(of 2)
Best time in the category: 2:22:51

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	1:57	3:53	1	-	5	0:09	0.50	1:57	3:53	2		7	0:02
Runde	3.47	20:24	5:52	1	-	1	-	3.97	22:21	5:37	2		7	
Runde	3.47	20:38	5:56	1	-	1	-	7.44	42:59	5:46	2		7	
Runde	3.47	23:38	6:48	2	1:02	6	1:23	10.91	1:06:37	6:06	2		7	
Runde	3.47	28:30	8:12	2	4:27	6	4:48	14.38	1:35:07	6:36	2	3:57	7	1:02
Runde	3.47	26:55	7:45	2	1:49	7	4:07	17.85	2:02:02	6:50	2	5:46	7	4:45
Finish	3.47	29:45	8:34	2	3:10	7	6:26	21.34	2:31:47	7:06	2	8:56	5	11:11