



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Rockmann, Lana

Club: CaBas CaBaNauTeN
Number: 10

Course: 21.34 km
Halbmarathon

Category:
Frauen W35

Total time: 2:52:00

Speed: 7.33 km/h
Running performance: 8:04 min/km

Rank in course/Total: 40 (of 44)
Rank in course/Women: 8 (of 10)
Best time in course: 2:20:36

Rank in category: 1(of 2)
Best time in the category: 2:52:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	2:16	4:31	2	0:05	8	0:28	0.50	2:16	4:31	1	-	8	0:21
Runde	3.47	24:27	7:02	1	-	7	4:03	3.97	26:43	6:43	1	-	8	2:23
Runde	3.47	26:34	7:39	1	-	9	5:56	7.44	53:17	7:09	1	-	8	6:04
Runde	3.47	28:06	8:05	1	-	9	5:51	10.91	1:21:23	7:27	1	-	8	11:00
Runde	3.47	28:49	8:18	1	-	7	5:07	14.38	1:50:12	7:39	1	-	8	16:07
Runde	3.47	30:18	8:43	2	0:08	9	7:30	17.85	2:20:30	7:52	1	-	8	23:13
Finish	3.47	31:30	9:04	2	1:35	9	8:11	21.34	2:52:00	8:03	1	-	8	31:24