



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Thorhauer, Henriette

Club: SV Glückauf Sondershausen
Number: 308

Course: 42.18 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:10:21

Speed: 10.07 km/h
Running performance: 5:56 min/km

Rank in course/Total: 41 (of 220)

Rank in course/Women: 3 (of 26)

Best time in course: 3:50:37

Rank in category: 3(of 8)

Best time in the category: 3:50:37

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	3.47	18:28	5:19	3	1:03	3	1:03	3.47	18:28	5:19	3	1:03	22	
Runde	3.47	19:18	5:33	3	1:49	3	1:49	6.94	37:46	5:26	3	2:52	22	
Runde	3.47	20:16	5:50	3	2:07	3	2:07	10.41	58:02	5:34	3	4:59	16	4:59
Runde	3.47	20:10	5:48	3	1:07	3	1:07	13.88	1:18:12	5:38	3	6:06	22	
Runde	3.47	20:27	5:53	3	1:30	3	1:30	17.35	1:38:39	5:41	3	7:36	20	2:53
Runde	3.47	20:47	5:59	3	1:18	3	1:18	20.82	1:59:26	5:44	3	8:54	21	
Runde	3.47	22:10	6:23	3	2:46	3	2:46	24.29	2:21:36	5:49	2	4:54	21	4:54
Runde	3.47	21:32	6:12	3	1:44	3	1:44	27.76	2:43:08	5:52	3	13:24	19	5:21
Runde	3.47	21:27	6:10	2	1:21	2	1:21	31.23	3:04:35	5:54	3	14:45	20	5:00
Runde	3.47	21:37	6:13	2	1:32	2	1:32	34.70	3:26:12	5:56	2	4:29	19	
Runde	3.47	22:16	6:25	3	1:57	3	1:57	38.17	3:48:28	5:59	3	18:14	20	
Runde	3.97	21:53	5:30	3	1:30	3	1:30	42.18	4:10:21	5:56	3	19:44	6	3:26:29