



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Littwin, Gabi

Club: LT Lippehasen
Number: 184

Course: 21.34 km
Halbmarathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 2:42:38

Speed: 7.75 km/h
Running performance: 7:37 min/km

Rank in course/Total: 50 (of 62)
Rank in course/Women: 10 (of 11)
Best time in course: 2:05:22

Rank in category: 3(of 3)
Best time in the category: 2:35:28

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	25:38	7:23	3	1:19	8	6:51	3.47	25:38	7:23	3	0:42	11	4:14
Runde	3.47	26:27	7:37	3	1:41	9	5:49	6.94	52:05	7:30	3	2:23	11	9:36
Runde	3.47	26:57	7:45	3	1:46	10	5:35	10.41	1:19:02	7:35	3	3:32	8	3:32
Runde	3.47	26:39	7:40	3	2:22	9	5:13	13.88	1:45:41	7:36	3	5:54	11	19:26
Runde	3.47	27:18	7:52	3	0:25	9	5:44	17.35	2:12:59	7:39	3	6:19	9	23:50
Runde	3.97	29:39	7:28	3	0:51	10	8:04	21.34	2:42:38	7:37	3	7:10	10	37:16