



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Elsner, Steffi

Club: Hoppegarten
Number: 67

Course: 42.18 km
Marathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 4:39:14

Speed: 9.02 km/h
Running performance: 6:37 min/km

Rank in course/Total: 96 (of 220)

Rank in course/Women: 5 (of 26)

Best time in course: 3:50:37

Rank in category: 1(of 5)

Best time in the category: 4:39:14

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	22:10	6:23	4	1:23	12	4:45	3.47	22:10	6:23	1	-	20	0:21
Runde	3.47	21:31	6:12	4	0:27	11	4:02	6.94	43:41	6:17	1	-	20	0:26
Runde	3.47	21:28	6:11	2	0:04	6	3:19	10.41	1:05:09	6:15	3	0:44	21	12:06
Runde	3.47	21:54	6:18	2	0:05	8	2:51	13.88	1:27:03	6:16	1	-	20	
Runde	3.47	22:14	6:24	2	0:06	7	3:17	17.35	1:49:17	6:17	1	-	18	13:31
Runde	3.47	22:53	6:35	1	-	6	3:24	20.82	2:12:10	6:20	1	-	20	
Runde	3.47	23:29	6:46	2	0:09	7	4:05	24.29	2:35:39	6:24	1	-	19	18:57
Runde	3.47	23:33	6:47	2	0:06	5	3:45	27.76	2:59:12	6:27	1	-	17	21:25
Runde	3.47	24:56	7:11	3	0:39	8	4:50	31.23	3:24:08	6:32	1	-	18	24:33
Runde	3.47	24:58	7:11	1	-	5	4:53	34.70	3:49:06	6:36	1	-	17	
Runde	3.47	24:56	7:11	1	-	5	4:37	38.17	4:14:02	6:39	1	-	19	
Runde	3.97	25:12	6:20	1	-	7	4:49	42.18	4:39:14	6:37	2	3:55:22	8	3:55:22