



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Hamel, Jasmin

Club: LG Max
Number: 109

Course: 42.18 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:39:18

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

Rank in course/Total: 97 (of 220)

Rank in course/Women: 6 (of 26)

Best time in course: 3:50:37

Rank in category: 4(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	23:06	6:39	5	5:41	15	5:41	3.47	23:06	6:39	4	5:41	19	1:17
Runde	3.47	22:09	6:22	5	4:40	12	4:40	6.94	45:15	6:31	4	10:21	19	2:00
Runde	3.47	21:33	6:12	4	3:24	8	3:24	10.41	1:06:48	6:25	8	13:45	24	13:45
Runde	3.47	21:13	6:06	4	2:10	4	2:10	13.88	1:28:01	6:20	4	15:55	19	
Runde	3.47	21:49	6:17	4	2:52	5	2:52	17.35	1:49:50	6:19	4	18:47	17	14:04
Runde	3.47	22:10	6:23	4	2:41	5	2:41	20.82	2:12:00	6:20	4	21:28	19	
Runde	3.47	23:27	6:45	4	4:03	6	4:03	24.29	2:35:27	6:23	3	18:45	18	18:45
Runde	3.47	24:14	6:59	4	4:26	8	4:26	27.76	2:59:41	6:28	4	29:57	16	21:54
Runde	3.47	24:31	7:03	4	4:25	7	4:25	31.23	3:24:12	6:32	4	34:22	17	24:37
Runde	3.47	25:22	7:18	4	5:17	6	5:17	34.70	3:49:34	6:36	3	27:51	16	
Runde	3.47	25:17	7:17	4	4:58	6	4:58	38.17	4:14:51	6:40	4	44:37	18	
Runde	3.97	24:27	6:09	4	4:04	5	4:04	42.18	4:39:18	6:37	4	48:41	9	3:55:26