



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Muth, Julia

Club: TSV Bellersheim
Number: 209

Course: 42.18 km
Marathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 4:47:10

Speed: 8.78 km/h
Running performance: 6:49 min/km

Rank in course/Total: 117 (of 220)

Rank in course/Women: 9 (of 26)

Best time in course: 3:50:37

Rank in category: 3(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	21:40	6:14	2	0:53	9	4:15	3.47	21:40	6:14	3		16	
Runde	3.47	21:04	6:04	1	-	6	3:35	6.94	42:44	6:09	3		16	
Runde	3.47	21:24	6:10	1	-	5	3:15	10.41	1:04:08	6:09	2		20	11:05
Runde	3.47	21:49	6:17	1	-	7	2:46	13.88	1:25:57	6:11	3		16	
Runde	3.47	22:08	6:22	1	-	6	3:11	17.35	1:48:05	6:13	3		14	12:19
Runde	3.47	23:28	6:45	2	0:35	8	3:59	20.82	2:11:33	6:19	3		16	
Runde	3.47	23:36	6:48	3	0:16	8	4:12	24.29	2:35:09	6:23	3		15	18:27
Runde	3.47	25:22	7:18	4	1:55	10	5:34	27.76	3:00:31	6:30	2	1:19	13	22:44
Runde	3.47	24:17	6:59	1	-	5	4:11	31.23	3:24:48	6:33	2	0:40	14	25:13
Runde	3.47	27:47	8:00	4	2:49	14	7:42	34.70	3:52:35	6:42	3	3:29	13	
Runde	3.47	26:38	7:40	2	1:42	9	6:19	38.17	4:19:13	6:47	3	5:11	15	
Runde	3.97	27:57	7:02	4	2:45	15	7:34	42.18	4:47:10	6:48	4	4:03:18	12	4:03:18