



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Grun, Sabrina

Club: TSV Schönberg/Strandläufer
Number: 105

Course: 42.18 km
Marathon

Category:
Frauen (20-29 Jahre)

Total time: 4:53:59

Speed: 8.57 km/h
Running performance: 6:58 min/km

Rank in course/Total: 136 (of 220)

Rank in course/Women: 12 (of 26)

Best time in course: 3:50:37

Rank in category: 2(of 4)

Best time in the category: 4:36:54

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde	3.47	22:17	6:25	2	2:56	14	4:52	3.47	22:17	6:25	2	2:56	13	0:28
Runde	3.47	21:08	6:05	2	1:37	8	3:39	6.94	43:25	6:15	2	4:33	13	0:10
Runde	3.47	21:50	6:17	2	0:59	9	3:41	10.41	1:05:15	6:16	4	5:32	23	12:12
Runde	3.47	22:47	6:33	2	1:34	12	3:44	13.88	1:28:02	6:20	2	7:06	1	-
Runde	3.47	23:17	6:42	2	1:54	11	4:20	17.35	1:51:19	6:24	2	9:00	11	15:33
Runde	3.47	23:59	6:54	2	2:02	10	4:30	20.82	2:15:18	6:29	1	-	1	-
Runde	3.47	24:18	7:00	2	1:01	12	4:54	24.29	2:39:36	6:34	2	12:03	12	22:54
Runde	3.47	25:28	7:20	2	1:37	11	5:40	27.76	3:05:04	6:40	4	13:40	22	27:17
Runde	3.47	26:32	7:38	2	1:36	13	6:26	31.23	3:31:36	6:46	2	15:16	11	32:01
Runde	3.47	26:08	7:31	1	-	9	6:03	34.70	3:57:44	6:51	2	14:17	1	-
Runde	3.47	27:21	7:52	2	0:48	12	7:02	38.17	4:25:05	6:56	1	-	1	-
Runde	3.97	28:54	7:16	2	2:00	18	8:31	42.18	4:53:59	6:58	2	17:05	15	4:10:07