



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Szpakowska, Agnieszka

Club: Vorwärts Köln
Number: 304

Course: 42.18 km
Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 4:56:01

Speed: 8.51 km/h
Running performance: 7:01 min/km

Rank in course/Total: 141 (of 220)

Rank in course/Women: 13 (of 26)

Best time in course: 3:50:37

Rank in category: 1(of 2)

Best time in the category: 4:56:01

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	20:58	6:02	2	1:00	8	3:33	3.47	20:58	6:02	1	-	12	
Runde	3.47	23:05	6:39	2	0:39	16	5:36	6.94	44:03	6:20	1	-	12	0:48
Runde	3.47	23:20	6:43	2	0:06	16	5:11	10.41	1:07:23	6:28	1	-	11	14:20
Runde	3.47	23:40	6:49	1	-	15	4:37	13.88	1:31:03	6:33	1	-	12	3:01
Runde	3.47	23:50	6:52	1	-	14	4:53	17.35	1:54:53	6:37	1	-	10	19:07
Runde	3.47	25:08	7:14	1	-	14	5:39	20.82	2:20:01	6:43	1	-	12	4:43
Runde	3.47	25:51	7:26	1	-	13	6:27	24.29	2:45:52	6:49	1	-	11	29:10
Runde	3.47	26:59	7:46	1	-	15	7:11	27.76	3:12:51	6:56	1	-	11	35:04
Runde	3.47	26:14	7:33	1	-	11	6:08	31.23	3:39:05	7:00	1	-	10	39:30
Runde	3.47	25:59	7:29	1	-	7	5:54	34.70	4:05:04	7:03	2		23	7:20
Runde	3.47	26:18	7:34	1	-	7	5:59	38.17	4:31:22	7:06	1	-	11	6:17
Runde	3.97	24:39	6:12	1	-	6	4:16	42.18	4:56:01	7:01	1	-	16	4:12:09