



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Achilles, Kathrin

Club: K.A.T.ZENtrum Birkenstein
Number: 2

Course: 42.18 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 5:40:23

Speed: 7.40 km/h
Running performance: 8:04 min/km

Rank in course/Total: 207 (of 220)

Rank in course/Women: 22 (of 26)

Best time in course: 3:50:37

Rank in category: 8(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	24:17	6:59	7	6:52	21	6:52	3.47	24:17	6:59	8	6:52	3	2:28
Runde	3.47	25:49	7:26	8	8:20	23	8:20	6.94	50:06	7:13	8	15:12	3	6:51
Runde	3.47	26:57	7:45	8	8:48	24	8:48	10.41	1:17:03	7:24	6	24:00	3	24:00
Runde	3.47	27:39	7:58	8	8:36	23	8:36	13.88	1:44:42	7:32	8	32:36	3	16:40
Runde	3.47	27:13	7:50	8	8:16	23	8:16	17.35	2:11:55	7:36	8	40:52	2	36:09
Runde	3.47	29:00	8:21	8	9:31	23	9:31	20.82	2:40:55	7:43	8	50:23	3	25:37
Runde	3.47	29:40	8:32	8	10:16	22	10:16	24.29	3:10:35	7:50	7	53:53	2	53:53
Runde	3.47	29:42	8:33	7	9:54	20	9:54	27.76	3:40:17	7:56	8	1:10:33	3	1:02:30
Runde	3.47	30:03	8:39	8	9:57	20	9:57	31.23	4:10:20	8:00	8	1:20:30	2	1:10:45
Runde	3.47	29:47	8:34	8	9:42	19	9:42	34.70	4:40:07	8:04	7	1:18:24	3	42:23
Runde	3.47	29:43	8:33	8	9:24	19	9:24	38.17	5:09:50	8:07	8	1:39:36	23	44:45
Runde	3.97	30:33	7:41	8	10:10	21	10:10	42.18	5:40:23	8:04	8	1:49:46	25	4:56:31