



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Könning, Monika

Club: LT Nauen-Falkensee
Number: 167

Course: 21.34 km
Halbmarathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 2:35:29

Speed: 8.10 km/h
Running performance: 7:17 min/km

Rank in course/Total: 39 (of 62)

Rank in course/Women: 5 (of 11)

Best time in course: 2:05:22

Rank in category: 2(of 3)

Best time in the category: 2:35:28

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	24:19	7:00	1	-	5	5:32	3.47	24:19	7:00	2	-	4	2:55
Runde	3.47	25:23	7:18	2	0:37	5	4:45	6.94	49:42	7:09	1	-	3	7:13
Runde	3.47	25:11	7:15	1	-	4	3:49	10.41	1:14:53	7:11	2	-	2	
Runde	3.47	24:54	7:10	2	0:37	5	3:28	13.88	1:39:47	7:11	1	-	3	13:32
Runde	3.47	26:53	7:44	1	-	6	5:19	17.35	2:06:40	7:18	1	-	3	17:31
Runde	3.97	28:49	7:15	2	0:01	9	7:14	21.34	2:35:29	7:17	2	0:01	5	30:07