



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin
Number: 58

Course: 42.18 km
Marathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 5:52:27

Speed: 7.15 km/h
Running performance: 8:22 min/km

Rank in course/Total: 212 (of 220)

Rank in course/Women: 23 (of 26)

Best time in course: 3:50:37

Rank in category: 4(of 6)

Best time in the category: 4:47:03

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	24:06	6:56	4	1:54	20	6:41	3.47	24:06	6:56	6		2	2:17
Runde	3.47	24:39	7:06	3	2:29	20	7:10	6.94	48:45	7:01	6		2	5:30
Runde	3.47	25:46	7:25	3	2:56	20	7:37	10.41	1:14:31	7:09	5		2	21:28
Runde	3.47	26:02	7:30	3	3:19	21	6:59	13.88	1:40:33	7:14	4	8:09	2	12:31
Runde	3.47	26:26	7:37	3	2:59	21	7:29	17.35	2:06:59	7:19	3	11:04	22	31:13
Runde	3.47	28:05	8:05	4	3:24	22	8:36	20.82	2:35:04	7:26	4	13:39	2	19:46
Runde	3.47	31:07	8:58	4	7:01	23	11:43	24.29	3:06:11	7:39	4	20:40	23	49:29
Runde	3.47	32:33	9:22	4	8:22	23	12:45	27.76	3:38:44	7:52	3	29:02	2	1:00:57
Runde	3.47	32:24	9:20	4	8:10	23	12:18	31.23	4:11:08	8:02	4	37:12	23	1:11:33
Runde	3.47	33:22	9:36	4	9:05	22	13:17	34.70	4:44:30	8:11	3	46:17	2	46:46
Runde	3.47	33:24	9:37	4	8:49	22	13:05	38.17	5:17:54	8:19	4	55:06	2	52:49
Runde	3.97	34:33	8:42	6	10:18	25	14:10	42.18	5:52:27	8:21	6	4:26:18	26	5:08:35