



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Gnacke, Elke

Club: Sauerländer Laufraketen
Number: 95

Course: 21.34 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:38:00

Speed: 8.10 km/h
Running performance: 7:24 min/km

Rank in course/Total: 43 (of 62)
Rank in course/Women: 7 (of 11)
Best time in course: 2:05:22

Rank in category: 1(of 2)
Best time in the category: 2:38:00

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	24:14	6:59	1	-	4	5:27	3.47	24:14	6:59	1	-	6	2:50
Runde	3.47	26:01	7:29	1	-	8	5:23	6.94	50:15	7:14	1	-	6	7:46
Runde	3.47	26:36	7:39	2	0:22	8	5:14	10.41	1:16:51	7:22	1	-	4	1:21
Runde	3.47	26:10	7:32	2	0:59	7	4:44	13.88	1:43:01	7:25	1	-	6	16:46
Runde	3.47	27:07	7:48	2	0:22	8	5:33	17.35	2:10:08	7:30	2		11	20:59
Runde	3.97	27:52	7:01	2	1:13	6	6:17	21.34	2:38:00	7:24	1	-	7	32:38