



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Niemann, Silke

Club: TC FIKO Rostock
Number: 215

Course: 21.34 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:42:14

Speed: 7.77 km/h
Running performance: 7:36 min/km

Rank in course/Total: 48 (of 62)
Rank in course/Women: 9 (of 11)
Best time in course: 2:05:22

Rank in category: 2(of 2)
Best time in the category: 2:11:52

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	25:55	7:28	2	4:31	9	7:08	3.47	25:55	7:28	2	4:31	8	4:31
Runde	3.47	25:55	7:28	2	4:50	7	5:17	6.94	51:50	7:28	2	9:21	8	9:21
Runde	3.47	26:38	7:40	2	4:56	9	5:16	10.41	1:18:28	7:32	1	-	6	2:58
Runde	3.47	27:57	8:03	2	5:53	10	6:31	13.88	1:46:25	7:40	2	20:10	8	20:10
Runde	3.47	27:33	7:56	2	4:39	10	5:59	17.35	2:13:58	7:43	2	24:49	6	24:49
Runde	3.97	28:16	7:07	2	5:33	7	6:41	21.34	2:42:14	7:36	2	30:22	9	36:52