



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Smeets, Uschi

Club: LG Mönchengladbach
Number: 276

Course: 42.18 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:05:31

Speed: 10.26 km/h
Running performance: 5:49 min/km

Rank in course/Total: 33 (of 220)

Rank in course/Women: 2 (of 26)

Best time in course: 3:50:37

Rank in category: 2(of 8)

Best time in the category: 3:50:37

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	18:08	5:13	2	0:43	2	0:43	3.47	18:08	5:13	2	0:43	23			
Runde	3.47	18:55	5:27	2	1:26	2	1:26	6.94	37:03	5:20	2	2:09	23			
Runde	3.47	19:15	5:32	2	1:06	2	1:06	10.41	56:18	5:24	2	3:15	17	3:15		
Runde	3.47	19:34	5:38	2	0:31	2	0:31	13.88	1:15:52	5:27	2	3:46	23			
Runde	3.47	19:54	5:44	2	0:57	2	0:57	17.35	1:35:46	5:31	2	4:43	1	-		
Runde	3.47	20:28	5:53	2	0:59	2	0:59	20.82	1:56:14	5:34	2	5:42	22			
Runde	3.47	20:28	5:53	2	1:04	2	1:04	24.29	2:16:42	5:37	1	-	1	-		
Runde	3.47	21:05	6:04	2	1:17	2	1:17	27.76	2:37:47	5:41	2	8:03	1	-		
Runde	3.47	21:48	6:16	3	1:42	3	1:42	31.23	2:59:35	5:45	2	9:45	1	-		
Runde	3.47	22:08	6:22	3	2:03	3	2:03	34.70	3:21:43	5:48	1	-	20			
Runde	3.47	22:01	6:20	2	1:42	2	1:42	38.17	3:43:44	5:51	2	13:30	21			
Runde	3.97	21:47	5:29	2	1:24	2	1:24	42.18	4:05:31	5:49	2	14:54	5	3:21:39		