



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Steffen, Sandra

Club: Rostock
Number: 445

Course: 21.34 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:22:10

Speed: 8.86 km/h
Running performance: 6:40 min/km

Rank in course/Total: 100 (of 201)

Rank in course/Women: 15 (of 34)

Best time in course: 1:55:00

Rank in category: 3(of 6)

Best time in the category: 1:55:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking									
				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	21:11	6:06	3	3:18	15	3:28	3.47	21:11	6:06	3	3:18	31				
Runde	3.47	21:53	6:18	2	2:59	9	3:08	6.94	43:04	6:12	3	6:17	31				
Runde	3.47	23:36	6:48	3	4:34	14	4:34	10.41	1:06:40	6:24	3	10:51	31				
Runde	3.47	24:18	7:00	4	4:57	15	4:59	13.88	1:30:58	6:33	3	15:48	31				
Runde	3.47	25:42	7:24	4	5:56	16	5:56	17.35	1:56:40	6:43	3	21:44	31				
Runde	3.97	25:30	6:25	4	5:26	15	6:05	21.34	2:22:10	6:39	3	27:10	15	27:10			