



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Düsenberg, Susanne

Club: Düsseldorf
Number: 74

Course: 21.34 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:36:31

Speed: 8.05 km/h
Running performance: 7:20 min/km

Rank in course/Total: 144 (of 201)

Rank in course/Women: 23 (of 34)

Best time in course: 1:55:00

Rank in category: 6(of 7)

Best time in the category: 2:02:01

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	6	6:23	23	6:23	3.47	24:06	6:56	6	6:23	5	
Runde	3.47	26:10	7:32	6	6:40	29	7:25	6.94	50:16	7:14	6	13:03	5	
Runde	3.47	26:36	7:39	6	6:13	27	7:34	10.41	1:16:52	7:23	6	19:16	5	
Runde	3.47	27:27	7:54	6	6:35	28	8:08	13.88	1:44:19	7:30	6	25:51	5	
Runde	3.47	25:58	7:28	6	4:22	18	6:12	17.35	2:10:17	7:30	6	30:13	5	
Runde	3.97	26:14	6:36	6	5:34	18	6:49	21.34	2:36:31	7:20	6	34:30	23	41:31