



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Heiml, Alexandra

Club: Eigner Express
Number: 158

Course: 42.18 km
Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 4:04:32

Speed: 10.31 km/h
Running performance: 5:48 min/km

Rank in course/Total: 48 (of 272)

Rank in course/Women: 2 (of 27)

Best time in course: 3:36:40

Rank in category: 2(of 6)

Best time in the category: 3:36:40

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	18:41	5:23	2	2:07	4	2:07	3.47	18:41	5:23	2	2:07	23	
Runde	3.47	19:19	5:34	3	2:28	4	2:28	6.94	38:00	5:28	2	4:35	23	
Runde	3.47	19:21	5:34	2	2:12	2	2:12	10.41	57:21	5:30	2	6:47	23	
Runde	3.47	19:34	5:38	2	3:02	2	3:02	13.88	1:16:55	5:32	2	9:49	23	
Runde	3.47	19:39	5:39	2	2:17	2	2:17	17.35	1:36:34	5:33	2	12:06	23	
Runde	3.47	19:51	5:43	2	2:33	2	2:33	20.82	1:56:25	5:35	2	14:39	23	
Runde	3.47	20:27	5:53	2	2:12	2	2:12	24.29	2:16:52	5:38	2	16:51	23	
Runde	3.47	20:46	5:59	2	2:37	2	2:37	27.76	2:37:38	5:40	2	19:28	23	
Runde	3.47	21:06	6:04	2	1:26	2	1:26	31.23	2:58:44	5:43	2	20:54	23	
Runde	3.47	21:32	6:12	2	2:05	2	2:05	34.70	3:20:16	5:46	2	22:59	23	
Runde	3.47	22:13	6:24	2	3:42	2	3:42	38.17	3:42:29	5:49	2	26:41	23	
Runde	3.97	22:03	5:33	2	1:11	2	1:11	42.18	4:04:32	5:47	2	27:52	2	27:52