



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Birch, Coleen

Club: Islwyn
Number: 42

Course: 42.18 km
Marathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 5:00:10

Speed: 8.40 km/h
Running performance: 7:07 min/km

Rank in course/Total: 166 (of 272)

Rank in course/Women: 13 (of 27)

Best time in course: 3:36:40

Rank in category: 2(of 2)

Best time in the category: 4:19:56

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	23:22	6:44	2	3:40	19	6:48	3.47	23:22	6:44	2	3:40	9	2:48	
Runde	3.47	22:53	6:35	2	2:35	14	6:02	6.94	46:15	6:39	2	6:15	12	3:47	
Runde	3.47	23:20	6:43	2	3:04	14	6:11	10.41	1:09:35	6:41	2	9:19	12	5:05	
Runde	3.47	23:27	6:45	2	3:04	14	6:55	13.88	1:33:02	6:42	2	12:23	12	10:56	
Runde	3.47	23:56	6:53	2	3:13	13	6:34	17.35	1:56:58	6:44	2	15:36	12		
Runde	3.47	24:38	7:05	2	3:32	12	7:20	20.82	2:21:36	6:48	2	19:08	12		
Runde	3.47	26:07	7:31	2	4:14	16	7:52	24.29	2:47:43	6:54	2	23:22	12		
Runde	3.47	26:42	7:41	2	4:37	15	8:33	27.76	3:14:25	7:00	2	27:59	12		
Runde	3.47	27:57	8:03	2	5:08	15	8:17	31.23	3:42:22	7:07	2	33:07	12		
Runde	3.47	26:30	7:38	2	2:56	12	7:03	34.70	4:08:52	7:10	2	36:03	12		
Runde	3.47	26:12	7:33	2	2:32	12	7:41	38.17	4:35:04	7:12	2	38:35	12	0:24	
Runde	3.97	25:06	6:19	2	1:39	12	4:14	42.18	5:00:10	7:06	2	40:14	13	1:23:30	