



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Elsner, Steffi

Club: Hoppegarten
Number: 81

Course: 42.18 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 5:05:22

Speed: 8.25 km/h
Running performance: 7:14 min/km

Rank in course/Total: 178 (of 272)

Rank in course/Women: 15 (of 27)

Best time in course: 3:36:40

Rank in category: 5(of 7)

Best time in the category: 4:21:08

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	20:02	5:46	4	2:01	8	3:28	3.47	20:02	5:46	6		10		
Runde	3.47	21:35	6:13	4	2:19	11	4:44	6.94	41:37	5:59	6		10		
Runde	3.47	22:05	6:21	4	2:18	12	4:56	10.41	1:03:42	6:07	6		10		
Runde	3.47	23:23	6:44	4	3:11	12	6:51	13.88	1:27:05	6:16	5	9:40	10	4:59	
Runde	3.47	24:04	6:56	4	3:39	14	6:42	17.35	1:51:09	6:24	5	13:19	10		
Runde	3.47	25:47	7:25	5	5:15	18	8:29	20.82	2:16:56	6:34	5	18:34	10		
Runde	3.47	26:04	7:30	5	4:10	15	7:49	24.29	2:43:00	6:42	5	22:44	10		
Runde	3.47	25:44	7:24	4	2:43	12	7:35	27.76	3:08:44	6:47	5	25:27	10		
Runde	3.47	27:27	7:54	4	3:54	13	7:47	31.23	3:36:11	6:55	5	29:21	10		
Runde	3.47	29:06	8:23	5	4:43	18	9:39	34.70	4:05:17	7:04	5	34:04	10		
Runde	3.47	30:06	8:40	5	5:33	18	11:35	38.17	4:35:23	7:12	5	39:19	10	0:43	
Runde	3.97	29:59	7:33	5	7:11	19	9:07	42.18	5:05:22	7:14	5	44:14	15	1:28:42	