



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Ostheimer, Manuela**

Club: Speed of light Ruhr  
Number: 342

Course: 21.34 km  
Halbmarathon

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 2:11:27

Speed: 9.59 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 57 (of 201)

Rank in course/Women: 7 (of 34)

Best time in course: 1:55:00

Rank in category: 2(of 6)

Best time in the category: 1:55:00

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	20:23	5:52	2	2:30	9	2:40	3.47	20:23	5:52	2	2:30	23	
Runde	3.47	22:00	6:20	3	3:06	10	3:15	6.94	42:23	6:06	2	5:36	23	
Runde	3.47	22:30	6:29	2	3:28	9	3:28	10.41	1:04:53	6:13	2	9:04	23	
Runde	3.47	22:11	6:23	2	2:50	9	2:52	13.88	1:27:04	6:16	2	11:54	23	
Runde	3.47	21:43	6:15	2	1:57	7	1:57	17.35	1:48:47	6:16	2	13:51	23	
Runde	3.97	22:40	5:42	2	2:36	10	3:15	21.34	2:11:27	6:09	2	16:27	7	16:27