



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

Helsinghoff, Karin

Club: Glamsbjerg motion  
Number: 367

Course: 21.10 km  
Cross-Halbmarathon

Category:  
Frauen W40

Total time: 2:09:06

Speed: 9.76 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 91 (of 133)

Rank in course/Women: 10 (of 34)

Best time in course: 1:46:34

Rank in category: 2(of 7)

Best time in the category: 1:47:03

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	10.40	1:03:10	6:04	3	8:35	10	8:36	10.40	1:03:10	6:04	6	8:35	27	8:35
Last lap Finish	10.70	1:05:56	6:09	2	13:28	11	13:56	21.10	2:09:06	6:07	2	22:03	10	22:32