



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Matthus, Ilona

Club: Frankfurt (Oder)
Number: 332

Course: 21.10 km
Cross-Halbmarathon

Category:
Frauen W50

Total time: 2:10:34

Speed: 9.65 km/h
Running performance: 6:11 min/km

Rank in course/Total: 94 (of 133)

Rank in course/Women: 12 (of 34)

Best time in course: 1:46:34

Rank in category: 4(of 8)

Best time in the category: 2:04:06

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	1:03:27	6:06	3	3:02	12	8:53	10.40	1:03:27	6:06	3	1:49	21	8:52
Last lap Finish	10.70	1:07:07	6:16	4	4:39	13	15:07	21.10	2:10:34	6:11	4	6:28	12	24:00