



3. Schlaubetal-Marathon
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Gilke-Hamann, Diana

Club: LG Sonnenschein
Number: 415

Course: 21.10 km
Cross-Halbmarathon

Category:
Frauen W40

Total time: 2:27:48

Speed: 8.53 km/h
Running performance: 7:00 min/km

Rank in course/Total: 121 (of 133)

Rank in course/Women: 26 (of 34)

Best time in course: 1:46:34

Rank in category: 5 (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	1:07:58	6:32	5	13:23	22	13:24	10.40	1:07:58	6:32	7	13:23	32	13:23
Last lap Finish	10.70	1:19:50	7:27	7	27:22	28	27:50	21.10	2:27:48	7:00	5	40:45	26	41:14