



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Sandow, Erika

Club: Streakrunner
Number: 357

Course: 21.10 km
Cross-Halbmarathon

Category:
Frauen W55

Total time: 3:05:22

Speed: 6.83 km/h
Running performance: 8:47 min/km

Rank in course/Total: 133 (of 133)

Rank in course/Women: 34 (of 34)

Best time in course: 1:46:34

Rank in category: 3(of 3)

Best time in the category: 2:28:38

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	1:29:20	8:35	3	20:49	34	34:46	10.40	1:29:20	8:35	3	20:49	2	34:45
Last lap Finish	10.70	1:36:02	8:58	3	15:55	34	44:02	21.10	3:05:22	8:47	3	36:44	34	1:18:48