



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

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Club: Skagen OK
Number: 607

Course: 43.50 km
Marathon

Category:
Frauen W45

Total time: 3:53:29

Speed: 11.05 km/h
Running performance: 5:22 min/km

Rank in course/Total: 20 (of 105)

Rank in course/Women: 1 (of 13)

Best time in course: 3:53:29

Rank in category: 1(of 4)

Best time in the category: 3:53:29

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	11.60	56:57	4:54	1	-	2	1:32	11.60	56:57	4:54	1	-	1	-
Lap 2	18.80	1:40:01	5:19	1	-	2	0:08	30.40	2:36:58	5:09	1	-	1	-
Last lap Finish	13.10	1:16:31	5:50	1	-	1	-	43.50	3:53:29	5:22	1	-	1	-