



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Ziemer, Ines

Club: Frankfurt an der Oder
Number: 713

Course: 43.50 km
Marathon

Category:
Frauen W50

Total time: 3:59:41

Speed: 10.76 km/h
Running performance: 5:31 min/km

Rank in course/Total: 26 (of 105)

Rank in course/Women: 2 (of 13)

Best time in course: 3:53:29

Rank in category: 1(of 1)

Best time in the category: 3:59:41

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	11.60	55:25	4:46	1	-	1	-	11.60	55:25	4:46	1	-	2	
Lap 2	18.80	1:39:53	5:18	1	-	1	-	30.40	2:35:18	5:06	1	-	2	
Last lap Finish	13.10	1:24:23	6:26	1	-	4	7:52	43.50	3:59:41	5:30	1	-	2	6:12