



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Rudolph, Ludwika**

Club: Dresden/Cossebaude  
Number: 618

Course: 43.50 km  
Marathon

Category:  
Frauen W45

Total time: 4:14:04

Speed: 10.15 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 44 (of 105)

Rank in course/Women: 4 (of 13)

Best time in course: 3:53:29

Rank in category: 2(of 4)

Best time in the category: 3:53:29

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Women			Women	km	
Lap 1	11.60	1:01:16	5:16	2	4:19	4	5:51	11.60	1:01:16	5:16	3	4:19	10	4:19
Lap 2	18.80	1:48:31	5:46	2	8:30	4	8:38	30.40	2:49:47	5:35	2	12:49	4	12:49
Last lap Finish	13.10	1:24:17	6:26	2	7:46	3	7:46	43.50	4:14:04	5:50	2	20:35	4	20:35