



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin
Number: 667

Course: 43.50 km
Marathon

Category:
Frauen W45

Total time: 4:55:49

Speed: 8.82 km/h
Running performance: 6:48 min/km

Rank in course/Total: 80 (of 105)

Rank in course/Women: 10 (of 13)

Best time in course: 3:53:29

Rank in category: 4(of 4)

Best time in the category: 3:53:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	11.60	1:10:33	6:04	4	13:36	9	15:08	11.60	1:10:33	6:04	2	13:36	6	13:36
Lap 2	18.80	2:06:14	6:42	4	26:13	9	26:21	30.40	3:16:47	6:28	3	39:49	8	39:49
Last lap Finish	13.10	1:39:02	7:33	3	22:31	8	22:31	43.50	4:55:49	6:48	4	1:02:20	10	1:02:20