



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Herke, Sylvia

Club: BSG Pneumant Fürstenwalde
Number: 621

Course: 43.50 km
Marathon

Category:
Frauen W40

Total time: 5:07:08

Speed: 8.40 km/h
Running performance: 7:04 min/km

Rank in course/Total: 89 (of 105)

Rank in course/Women: 11 (of 13)

Best time in course: 3:53:29

Rank in category: 4(of 4)

Best time in the category: 4:34:16

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	1:14:28	6:25	4	9:08	11	19:03	11.60	1:14:28	6:25	3	6:34	7	17:31
Lap 2	18.80	2:13:27	7:05	4	17:52	11	33:34	30.40	3:27:55	6:50	3	24:26	9	50:57
Last lap Finish	13.10	1:39:13	7:34	4	8:26	9	22:42	43.50	5:07:08	7:03	4	32:52	11	1:13:39