



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Frömming, Dagmar

Club: Ranzig
Number: 384

Course: 21.10 km
Cross-Halbmarathon

Category:
Frauen W45

Total time: 2:13:56

Speed: 9.45 km/h
Running performance: 6:21 min/km

Rank in course/Total: 108 (of 127)

Rank in course/Women: 18 (of 26)

Best time in course: 1:44:43

Rank in category: 3(of 3)

Best time in the category: 1:53:44

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	10.60	1:07:07	6:19	3	9:58	19	14:02	10.60	1:07:07	6:19	3	9:46	10	1:49
Last lap Finish	10.50	1:06:49	6:21	3	10:26	17	15:11	21.10	2:13:56	6:20	3	20:12	17	29:13