



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Matthus, Ilona

Club: Frankfurter Ruderclub von 1882 e.V.
Number: 348

Course: 21.10 km
Cross-Halbmarathon

Category:
Frauen W50

Total time: 2:23:03

Speed: 8.85 km/h
Running performance: 6:47 min/km

Rank in course/Total: 115 (of 127)

Rank in course/Women: 20 (of 26)

Best time in course: 1:44:43

Rank in category: 5(of 9)

Best time in the category: 1:55:50

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	1:09:15	6:31	5	10:47	20	16:10	10.60	1:09:15	6:31	5	10:00	8	3:57
Last lap Finish	10.50	1:13:48	7:01	5	17:13	20	22:10	21.10	2:23:03	6:46	5	27:13	20	38:20