



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Seidel, Grit

Club: LG Nord Berlin Ultrateam
Number: 680

Course: 42.19 km
Marathon

Category:
Frauen W40

Total time: 3:53:14

Speed: 10.80 km/h
Running performance: 5:32 min/km

Rank in course/Total: 42 (of 99)

Rank in course/Women: 2 (of 17)

Best time in course: 3:52:12

Rank in category: 1 (of 6)

Best time in the category: 3:53:14

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 11.60 | 1:03:51 | 5:30 | 1 | - | 3 | 4:43 | 11.60 | 1:03:51 | 5:30 | 1 | - | 17 | |
| Lap 2 | 18.40 | 1:41:22 | 5:30 | 1 | - | 1 | - | 30.00 | 2:45:13 | 5:30 | 1 | - | 17 | |
| Lap 3 | 3.50 | 16:09 | 4:36 | 1 | - | 1 | - | 33.50 | 3:01:22 | 5:24 | 1 | - | 17 | |
| Last lap Finish | 8.69 | 51:52 | 5:58 | 1 | - | 1 | - | 42.19 | 3:53:14 | 5:31 | 1 | - | 2 | 1:02 |