



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: 10.85 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.	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	1:03:51	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