



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

dilling, daniela

Club: lg nord berlin
Number: 662

Course: 42.19 km
Marathon

Category:
Frauen W45

Total time: 4:31:30

Speed: 9.28 km/h
Running performance: 6:26 min/km

Rank in course/Total: 71 (of 99)

Rank in course/Women: 8 (of 17)

Best time in course: 3:52:12

Rank in category: 2(of 5)

Best time in the category: 4:26:17

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 | 1:07:35 | 5:49 | 1 | - | 7 | 8:27 | 11.60 | 1:07:35 | 5:49 | 2 | | | 11 | |
| Lap 2 | 18.40 | 2:00:37 | 6:33 | 3 | 4:00 | 11 | 19:15 | 30.00 | 3:08:12 | 6:16 | 2 | 2:59 | 11 | 1:25 | |
| Lap 3 | 3.50 | 19:26 | 5:33 | 3 | 0:47 | 12 | 3:17 | 33.50 | 3:27:38 | 6:11 | 2 | 3:41 | 11 | 2:12 | |
| Last lap Finish | 8.69 | 1:03:52 | 7:20 | 2 | 1:32 | 8 | 12:00 | 42.19 | 4:31:30 | 6:26 | 2 | 5:13 | 8 | 39:18 | |