



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Elsner, Steffi

Club: Berlin
Number: 666

Course: 42.19 km
Marathon

Category:
Frauen W40

Total time: 4:33:22

Speed: 9.26 km/h
Running performance: 6:29 min/km

Rank in course/Total: 75 (of 99)
Rank in course/Women: 10 (of 17)
Best time in course: 3:52:12

Rank in category: 4(of 6)
Best time in the category: 3:53:14

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	11.60	1:09:04	5:57	4	5:13	11	9:56	11.60	1:09:04	5:57	4	5:13	9	0:01
Lap 2	18.40	1:58:23	6:26	4	17:01	10	17:01	30.00	3:07:27	6:14	4	22:14	9	0:40
Lap 3	3.50	19:17	5:30	4	3:08	11	3:08	33.50	3:26:44	6:10	4	25:22	9	1:18
Last lap Finish	8.69	1:06:38	7:40	4	14:46	11	14:46	42.19	4:33:22	6:28	4	40:08	10	41:10