



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Lindenau, Ramona

Club: Rennsteiglaufverein
Number: 611

Course: 42.19 km
Marathon

Category:
Frauen W45

Total time: 4:51:44

Speed: 8.64 km/h
Running performance: 6:55 min/km

Rank in course/Total: 84 (of 99)
Rank in course/Women: 12 (of 17)
Best time in course: 3:52:12

Rank in category: 4(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	11.60	1:16:30	6:35	5	8:55	16	17:22	11.60	1:16:30	6:35	4	7:54	7	7:27
Lap 2	18.40	2:09:27	7:02	4	12:50	13	28:05	30.00	3:25:57	6:51	4	20:44	7	19:10
Lap 3	3.50	20:25	5:50	4	1:46	14	4:16	33.50	3:46:22	6:45	4	22:25	7	20:56
Last lap Finish	8.69	1:05:22	7:31	3	3:02	9	13:30	42.19	4:51:44	6:54	4	25:27	12	59:32