



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Abel, Ines

Club: Berlin
Number: 633

Course: 42.19 km
Marathon

Category:
Frauen W45

Total time: 5:10:37

Speed: 8.15 km/h
Running performance: 7:22 min/km

Rank in course/Total: 93 (of 99)
Rank in course/Women: 15 (of 17)
Best time in course: 3:52:12

Rank in category: 5(of 5)
Best time in the category: 4:26:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1:15:12	6:28	4	7:37	15	16:04	11.60	1:15:12	6:28	5	6:36	3	6:09
Lap 2	18.40	2:17:42	7:29	5	21:05	16	36:20	30.00	3:32:54	7:05	5	27:41	3	26:07
Lap 3	3.50	21:42	6:12	5	3:03	15	5:33	33.50	3:54:36	7:00	5	30:39	3	29:10
Last lap Finish	8.69	1:16:01	8:44	5	13:41	15	24:09	42.19	5:10:37	7:21	5	44:20	15	1:18:25