



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Schnapke, Ines

Club: T-Rex Team
Number: 636

Course: 42.19 km
Cross-Marathon

Category:
Frauen W40

Total time: 4:31:59

Speed: 9.27 km/h
Running performance: 6:27 min/km

Rank in course/Total: 73 (of 104)

Rank in course/Women: 8 (of 15)

Best time in course: 3:24:52

Rank in category: 2(of 3)

Best time in the category: 3:44:20

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	1:04:27	5:33	2	4:43	8	11:40	11.60	1:04:27	5:33	2	4:43	7	10:04
Lap 2	18.40	2:04:05	6:44	2	23:28	9	34:30	30.00	3:08:32	6:17	2	28:11	7	44:34
Lap 3	3.50	18:16	5:13	3	3:40	7	4:32	33.50	3:26:48	6:10	2	31:51	7	49:06
Last lap Finish	8.69	1:05:11	7:30	3	15:48	8	18:01	42.19	4:31:59	6:26	2	47:39	8	1:07:07