



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin
Number: 662

Course: 42.19 km
Cross-Marathon

Category:
Frauen W45

Total time: 4:38:33

Speed: 9.05 km/h
Running performance: 6:36 min/km

Rank in course/Total: 80 (of 104)
Rank in course/Women: 10 (of 15)
Best time in course: 3:24:52

Rank in category: 4(of 4)
Best time in the category: 3:52:03

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	1:07:21	5:48	4	8:37	10	14:34	11.60	1:07:21	5:48	4	7:04	10	12:58
Lap 2	18.40	2:03:50	6:43	3	21:59	8	34:15	30.00	3:11:11	6:22	4	29:03	10	47:13
Lap 3	3.50	19:15	5:30	3	3:42	9	5:31	33.50	3:30:26	6:16	4	32:45	10	52:44
Last lap Finish	8.69	1:08:07	7:50	3	13:45	12	20:57	42.19	4:38:33	6:36	4	46:30	10	1:13:41