



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Luban, Anja

Club: TV Fürstenwalde
Number: 717

Course: 42.35 km
Cross-Marathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:53:41

Speed: 10.87 km/h
Running performance: 5:31 min/km

Rank in course/Total: 30 (of 111)

Rank in course/Women: 2 (of 22)

Best time in course: 3:40:55

Rank in category: 2(of 5)

Best time in the category: 3:40:55

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	1:01:29	5:18	3	6:19	3	6:19	11.60	1:01:29	5:18	2	6:19	22	
Lap 2	18.60	1:45:30	5:40	2	8:17	2	8:17	30.20	2:46:59	5:31	2	14:36	22	
Lap 3	2.50	14:26	5:46	1	-	1	-	32.70	3:01:25	5:32	2	14:00	22	
Last lap Finish	9.65	52:16	5:24	1	-	1	-	42.35	3:53:41	5:31	2	12:46	2	12:46