



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Elsner, Steffi

Club: Hoppegarten  
Number: 691

Course: 42.35 km  
Cross-Marathon

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 4:01:41

Speed: 10.43 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 41 (of 111)

Rank in course/Women: 3 (of 22)

Best time in course: 3:40:55

Rank in category: 3(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    | 1:01:17    | 5:16         | 2           | 6:07        | 2         | 6:07         | 11.60         | 1:01:17    | 5:16         | 3        | 6:07        | 21        |              |
| Lap 2              | 18.60    | 1:45:51    | 5:41         | 3           | 8:38        | 3         | 8:38         | 30.20         | 2:47:08    | 5:32         | 3        | 14:45       | 21        |              |
| Lap 3              | 2.50     | 15:45      | 6:17         | 3           | 1:19        | 3         | 1:19         | 32.70         | 3:02:53    | 5:35         | 3        | 15:28       | 21        |              |
| Last lap Finish    | 9.65     | 58:48      | 6:05         | 3           | 6:32        | 4         | 6:32         | 42.35         | 4:01:41    | 5:42         | 3        | 20:46       | 3         | 20:46        |