



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Lau, Ina

Club: FC Lau 04

Number: 676

Course: 42.35 km

Cross-Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 4:33:23

Speed: 9.22 km/h

Running performance: 6:28 min/km

Rank in course/Total: 71 (of 111)

Rank in course/Women: 11 (of 22)

Best time in course: 3:40:55

Rank in category: 1(of 1)

Best time in the category: 4:33:23

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 11.60 | 1:12:15 | 6:13 | 1 | - | 17 | 17:05 | 11.60 | 1:12:15 | 6:13 | 1 | - | 13 | 3:49 |
| Lap 2 | 18.60 | 1:58:47 | 6:23 | 1 | - | 8 | 21:34 | 30.20 | 3:11:02 | 6:19 | 1 | - | 13 | 1:20 |
| Lap 3 | 2.50 | 16:58 | 6:47 | 1 | - | 8 | 2:32 | 32.70 | 3:28:00 | 6:21 | 1 | - | 13 | 0:11 |
| Last lap Finish | 9.65 | 1:05:23 | 6:46 | 1 | - | 11 | 13:07 | 42.35 | 4:33:23 | 6:27 | 1 | - | 11 | 52:28 |