



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.	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