



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

SONNENBERG, Karen

Club: LT Nordkreuz Berlin
Number: 709

Course: 42.35 km
Cross-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:54:37

Speed: 8.55 km/h
Running performance: 6:58 min/km

Rank in course/Total: 89 (of 111)

Rank in course/Women: 16 (of 22)

Best time in course: 3:40:55

Rank in category: 7(of 8)

Best time in the category: 4:08:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1:10:30	6:04	6	8:11	15	15:20	11.60	1:10:30	6:04	7	8:11	8	2:04
Lap 2	18.60	2:08:47	6:55	7	19:05	16	31:34	30.20	3:19:17	6:35	7	27:16	8	9:35
Lap 3	2.50	20:35	8:13	7	4:06	17	6:09	32.70	3:39:52	6:43	7	31:22	8	12:03
Last lap Finish	9.65	1:14:45	7:44	7	15:11	18	22:29	42.35	4:54:37	6:57	7	46:33	16	1:13:42