



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin
Number: 600

Course: 42.35 km
Cross-Marathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 4:57:17

Speed: 8.48 km/h
Running performance: 7:01 min/km

Rank in course/Total: 90 (of 111)
Rank in course/Women: 17 (of 22)
Best time in course: 3:40:55

Rank in category: 1(of 2)
Best time in the category: 4:57:17

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	1:10:16	6:03	1	-	14	15:06	11.60	1:10:16	6:03	1	-	7	1:50
Lap 2	18.60	2:12:22	7:06	1	-	17	35:09	30.20	3:22:38	6:42	1	-	7	12:56
Lap 3	2.50	20:51	8:20	1	-	18	6:25	32.70	3:43:29	6:50	1	-	7	15:40
Last lap Finish	9.65	1:13:48	7:38	1	-	16	21:32	42.35	4:57:17	7:01	1	-	17	1:16:22