



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Frömming, Dagmar

Club: Ranzig
Number: 448

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:11:05

Speed: 9.61 km/h
Running performance: 6:13 min/km

Rank in course/Total: 114 (of 146)

Rank in course/Women: 18 (of 30)

Best time in course: 1:44:28

Rank in category: 4(of 7)

Best time in the category: 1:50:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	11.80	1:04:08	5:26	5	18	8:12	12:11	11.80	1:04:08	5:26	4	14	8:12	14
Last lap Finish	9.30	1:06:57	7:11	4	18	12:03	15:21	21.10	2:11:05	6:12	4	18	20:15	26:37