



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Luber, Sandra

Club: Grünheide
Number: 715

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 3:45:11

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 28 (of 105)

Rank in course/Women: 3 (of 23)

Best time in course: 3:37:16

Rank in category: 1(of 4)

Best time in the category: 3:45:11

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	58:26	5:02	1	-	4	10:32	11.60	58:26	5:02	1	-	22	
Lap 2	19.00	1:37:35	5:08	1	-	3	1:35	30.60	2:36:01	5:05	1	-	22	
Lap 3	1.70	16:39	9:47	1	-	5	1:49	32.30	2:52:40	5:20	1	-	22	
Last lap Finish	10.70	52:31	4:54	1	-	4	4:23	43.00	3:45:11	5:14	1	-	3	7:55