



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Seidel, Grit

Club: LG Nord Berlin Ultrateam
Number: 722

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:50:31

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 35 (of 105)

Rank in course/Women: 4 (of 23)

Best time in course: 3:37:16

Rank in category: 2(of 4)

Best time in the category: 3:37:16

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	1:01:59	5:20	4	4:37	8	14:05	11.60	1:01:59	5:20	2	4:37	21	
Lap 2	19.00	1:40:51	5:18	2	3:55	4	4:51	30.60	2:42:50	5:19	2	8:32	21	
Lap 3	1.70	16:15	9:33	2	1:25	4	1:25	32.30	2:59:05	5:32	2	9:57	21	
Last lap Finish	10.70	51:26	4:48	2	3:18	2	3:18	43.00	3:50:31	5:21	2	13:15	4	13:15