



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Elsner, Steffi

Club: Hoppegarten  
Number: 691

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 4:00:28

Speed: 10.73 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 45 (of 105)

Rank in course/Women: 6 (of 23)

Best time in course: 3:37:16

Rank in category: 3(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	1:01:49	5:19	2	4:27	6	13:55	11.60	1:01:49	5:19	3	4:27	19	
Lap 2	19.00	1:43:50	5:27	3	6:54	6	7:50	30.60	2:45:39	5:24	3	11:21	19	
Lap 3	1.70	16:56	9:57	3	2:06	6	2:06	32.30	3:02:35	5:39	3	13:27	19	
Last lap Finish	10.70	57:53	5:24	3	9:45	7	9:45	43.00	4:00:28	5:35	3	23:12	6	23:12