



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Stegemann, Steffi

Club: STG Lichtenberg-Pagram  
Number: 615

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 4:05:42

Speed: 10.50 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 49 (of 105)

Rank in course/Women: 8 (of 23)

Best time in course: 3:37:16

Rank in category: 2(of 7)

Best time in the category: 4:01:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	11.60	1:02:18	5:22	2	14:24	9	14:24	11.60	1:02:18	5:22	2			17
Lap 2	19.00	1:48:41	5:43	3	2:47	11	12:41	30.60	2:50:59	5:35	2	2:32		17
Lap 3	1.70	17:44	10:25	2	0:32	9	2:54	32.30	3:08:43	5:50	2	3:04		17
Last lap Finish	10.70	56:59	5:19	2	0:54	6	8:51	43.00	4:05:42	5:42	2	3:58	8	28:26