



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Lau, Ina

Club: LT Nordkreuz Berlin
Number: 676

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 4:06:25

Speed: 10.47 km/h
Running performance: 5:44 min/km

Rank in course/Total: 51 (of 105)

Rank in course/Women: 9 (of 23)

Best time in course: 3:37:16

Rank in category: 2(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.	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	1:03:23	5:27	2	4:57	12	15:29	11.60	1:03:23	5:27	2	4:57	16	
Lap 2	19.00	1:44:01	5:28	2	6:26	7	8:01	30.60	2:47:24	5:28	2	11:23	16	
Lap 3	1.70	17:26	10:15	2	0:47	8	2:36	32.30	3:04:50	5:43	2	12:10	16	
Last lap Finish	10.70	1:01:35	5:45	2	9:04	12	13:27	43.00	4:06:25	5:43	2	21:14	9	29:09