



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Hollnack, Stefanie

Club: Hennigsdorf
Number: 626

Course: 43.00 km
Cross-Marathon

Category:
Frauen (20-29 Jahre)

Total time: 4:09:30

Speed: 10.34 km/h
Running performance: 5:48 min/km

Rank in course/Total: 56 (of 105)
Rank in course/Women: 11 (of 23)
Best time in course: 3:37:16

Rank in category: 2(of 2)
Best time in the category: 3:39:54

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	1:01:26	5:17	2	5:25	5	13:32	11.60	1:01:26	5:17	2	5:25	14	
Lap 2	19.00	1:47:58	5:40	2	11:58	10	11:58	30.60	2:49:24	5:32	2	17:23	14	
Lap 3	1.70	18:55	11:07	2	3:16	15	4:05	32.30	3:08:19	5:49	2	20:39	14	
Last lap Finish	10.70	1:01:11	5:43	2	8:57	11	13:03	43.00	4:09:30	5:48	2	29:36	11	32:14