



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Kottwitz, Denise

Club: Spremberg
Number: 685

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 4:19:59

Speed: 9.92 km/h
Running performance: 6:03 min/km

Rank in course/Total: 64 (of 105)
Rank in course/Women: 12 (of 23)
Best time in course: 3:37:16

Rank in category: 3(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	11.60	1:05:03	5:36	3	6:37	14	17:09	11.60	1:05:03	5:36	3	6:37	1	-
Lap 2	19.00	1:53:54	5:59	3	16:19	12	17:54	30.60	2:58:57	5:50	3	22:56	1	-
Lap 3	1.70	18:49	11:04	3	2:10	14	3:59	32.30	3:17:46	6:07	3	25:06	1	-
Last lap Finish	10.70	1:02:13	5:48	3	9:42	13	14:05	43.00	4:19:59	6:02	3	34:48	12	42:43