



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Gehrke, Sylvia

Club: Potsdamer Laufclub  
Number: 686

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 4:20:31

Speed: 9.90 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 66 (of 105)  
Rank in course/Women: 13 (of 23)  
Best time in course: 3:37:16

Rank in category: 4(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	11.60	1:06:33	5:44	5	18:39	15	18:39	11.60	1:06:33	5:44	4	4:00	12	1:30
Lap 2	19.00	1:56:30	6:07	4	10:36	14	20:30	30.60	3:03:03	5:58	4	14:36	12	4:06
Lap 3	1.70	18:02	10:36	3	0:50	10	3:12	32.30	3:21:05	6:13	4	15:26	12	3:19
Last lap Finish	10.70	59:26	5:33	3	3:21	9	11:18	43.00	4:20:31	6:03	4	18:47	13	43:15