



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Schwibs, Elisabeth

Club: Naunhof
Number: 708

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 4:57:09

Speed: 8.68 km/h
Running performance: 6:55 min/km

Rank in course/Total: 89 (of 105)
Rank in course/Women: 18 (of 23)
Best time in course: 3:37:16

Rank in category: 2(of 2)
Best time in the category: 3:59:46

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	1:12:35	6:15	2	8:45	20	24:41	11.60	1:12:35	6:15	2	8:45	7	7:32
Lap 2	19.00	2:16:37	7:11	2	35:00	19	40:37	30.60	3:29:12	6:50	2	43:45	7	30:15
Lap 3	1.70	21:24	12:35	2	5:18	21	6:34	32.30	3:50:36	7:08	2	49:03	7	32:50
Last lap Finish	10.70	1:06:33	6:13	2	8:20	18	18:25	43.00	4:57:09	6:54	2	57:23	18	1:19:53