



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Schnapke, Ines

Club: T-Rex Team
Number: 704

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:58:12

Speed: 8.65 km/h
Running performance: 6:56 min/km

Rank in course/Total: 90 (of 105)
Rank in course/Women: 19 (of 23)
Best time in course: 3:37:16

Rank in category: 7(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	47:54	4:07	1	-	1	-	11.60	47:54	4:07	7		6	
Lap 2	19.00	2:25:27	7:39	7	39:33	22	49:27	30.60	3:13:21	6:19	7	24:54	6	14:24
Lap 3	1.70	23:05	13:34	7	5:53	22	8:15	32.30	3:36:26	6:42	7	30:47	6	18:40
Last lap Finish	10.70	1:21:46	7:38	7	25:41	23	33:38	43.00	4:58:12	6:56	7	56:28	19	1:20:56