



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Könning, Monika

Club: LT Nauen - Falkensee
Number: 694

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 4:58:18

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

Rank in course/Total: 92 (of 105)
Rank in course/Women: 20 (of 23)
Best time in course: 3:37:16
Rank in category: 1(of 3)
Best time in the category: 4:58:18

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	1:12:45	6:16	3	3:00	22	24:51	11.60	1:12:45	6:16	1	-	5	7:42
Lap 2	19.00	2:21:31	7:26	3	5:17	21	45:31	30.60	3:34:16	7:00	1	-	5	35:19
Lap 3	1.70	18:24	10:49	1	-	11	3:34	32.30	3:52:40	7:12	1	-	4	34:54
Last lap Finish	10.70	1:05:38	6:08	1	-	16	17:30	43.00	4:58:18	6:56	1	-	20	1:21:02