



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Bloda, Malgorzata

Club: Frankfurt(O)
Number: 631

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 5:19:33

Speed: 8.07 km/h
Running performance: 7:26 min/km

Rank in course/Total: 99 (of 105)

Rank in course/Women: 23 (of 23)

Best time in course: 3:37:16

Rank in category: 4(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	1:10:53	6:06	4	12:27	18	22:59	11.60	1:10:53	6:06	4	12:27	2	5:50
Lap 2	19.00	2:25:58	7:40	4	48:23	23	49:58	30.60	3:36:51	7:05	4	1:00:50	2	37:54
Lap 3	1.70	23:34	13:51	4	6:55	23	8:44	32.30	4:00:25	7:26	4	1:07:45	2	42:39
Last lap Finish	10.70	1:19:08	7:23	4	26:37	22	31:00	43.00	5:19:33	7:25	4	1:34:22	23	1:42:17