



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Frömming, Dagmar

Club: Ranzig
Number: 475

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:14:00

Speed: 9.40 km/h
Running performance: 6:21 min/km

Rank in course/Total: 135 (of 160)

Rank in course/Women: 26 (of 38)

Best time in course: 1:41:26

Rank in category: 3(of 4)

Best time in the category: 1:52:24

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|--------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | |
| Lap 1 | 10.60 | 1:06:17 | 6:15 | 3 | 9:40 | 27 | 15:22 | 10.60 | 1:06:17 | 6:15 | 3 | 9:40 | 7 | | |
| Last lap Ziel Inse | 10.50 | 1:07:43 | 6:26 | 3 | 11:56 | 25 | 17:54 | 21.10 | 2:14:00 | 6:21 | 3 | 21:36 | 26 | 32:34 | |