



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Röntzsch, Simone

Club: SG Oberlichtenau
Number: 710

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:43:24

Speed: 11.55 km/h
Running performance: 5:12 min/km

Rank in course/Total: 14 (of 117)

Rank in course/Women: 3 (of 35)

Best time in course: 3:34:11

Rank in category: 1(of 11)

Best time in the category: 3:43:24

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	1:00:03	5:10	3	1:49	6	5:26	11.60	1:00:03	5:10	1	-	19	
Lap 2	9.90	54:46	5:31	3	1:45	6	2:52	21.50	1:54:49	5:20	1	-	21	
Lap 3	11.10	59:32	5:21	2	0:06	4	1:51	32.60	2:54:21	5:20	1	-	21	
Last lap Ziel Inse	10.40	49:03	4:42	1	-	1	-	43.00	3:43:24	5:11	1	-	3	9:13