



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         |