



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Ebmeyer-Hoppe, Ilka

Club: Lg Havelblitze
Number: 635

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:49:25

Speed: 11.25 km/h
Running performance: 5:20 min/km

Rank in course/Total: 20 (of 117)

Rank in course/Women: 5 (of 35)

Best time in course: 3:34:11

Rank in category: 2(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	59:30	5:07	2	1:16	5	4:53	11.60	59:30	5:07	2			23
Lap 2	9.90	55:24	5:35	4	2:23	8	3:30	21.50	1:54:54	5:20	2	0:05		23
Lap 3	11.10	1:02:08	5:35	4	2:42	6	4:27	32.60	2:57:02	5:25	2	2:41		23
Last lap Ziel Inse	10.40	52:23	5:02	2	3:20	5	3:20	43.00	3:49:25	5:20	2	6:01	5	15:14