



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Elsner, Steffi

Club: Hoppegarten  
Number: 691

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:59:55

Speed: 10.75 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 34 (of 117)  
Rank in course/Women: 10 (of 35)  
Best time in course: 3:34:11

Rank in category: 5(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	56:30	5:42	5	3:29	9	4:36	21.50	1:56:33	5:25	5	1:44	19	
Lap 3	11.10	1:06:36	6:00	5	7:10	10	8:55	32.60	3:03:09	5:37	5	8:48	19	
Last lap Ziel Inse	10.40	56:46	5:27	5	7:43	10	7:43	43.00	3:59:55	5:34	5	16:31	10	25:44