



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Helmecke, Silke

Club: Potsdamer Laufclub
Number: 630

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:13:27

Speed: 10.18 km/h
Running performance: 5:53 min/km

Rank in course/Total: 51 (of 117)

Rank in course/Women: 11 (of 35)

Best time in course: 3:34:11

Rank in category: 6(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	1:06:16	5:42	5	8:02	14	11:39	11.60	1:06:16	5:42	6	6:13	29	
Lap 2	9.90	59:15	5:59	6	6:14	10	7:21	21.50	2:05:31	5:50	6	10:42	29	
Lap 3	11.10	1:09:54	6:17	6	10:28	11	12:13	32.60	3:15:25	5:59	6	21:04	29	
Last lap Ziel Inse	10.40	58:02	5:34	6	8:59	11	8:59	43.00	4:13:27	5:53	6	30:03	11	39:16