



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Helmecke, Silke

Club: Potsdamer Laufclub
Number: 630

Enduro E Bike

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:13:27

Speed: - 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 | - | 4:13:27 | - | 6 | 30:03 | 11 | 39:16 |