



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Sasse, Nicole

Club: Rangsdorf  
Number: 620

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 4:20:25

Speed: 9.91 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 58 (of 117)  
Rank in course/Women: 13 (of 35)  
Best time in course: 3:34:11

Rank in category: 1(of 3)  
Best time in the category: 4:20:25

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	1	-	14	11:39	11.60	1:06:16	5:42	1	-	29	
Lap 2	9.90	1:02:39	6:19	2	1:38	14	10:45	21.50	2:08:55	5:59	1	-	31	
Lap 3	11.10	1:11:08	6:24	1	-	13	13:27	32.60	3:20:03	6:08	1	-	31	
Last lap Ziel Inse	10.40	1:00:22	5:48	2	0:08	14	11:19	43.00	4:20:25	6:03	1	-	13	46:14