



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Lau, Ina

Club: LT Nordkreuz Berlin
Number: 717

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 4:21:23

Speed: 9.87 km/h
Running performance: 6:05 min/km

Rank in course/Total: 59 (of 117)
Rank in course/Women: 14 (of 35)
Best time in course: 3:34:11

Rank in category: 2(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	1:07:55	5:51	2	1:39	20	13:18	11.60	1:07:55	5:51	2	1:39	32	
Lap 2	9.90	1:01:01	6:09	1	-	13	9:07	21.50	2:08:56	5:59	2	0:01	32	
Lap 3	11.10	1:12:13	6:30	2	1:05	15	14:32	32.60	3:21:09	6:10	2	1:06	32	
Last lap Ziel Inse	10.40	1:00:14	5:47	1	-	13	11:11	43.00	4:21:23	6:04	2	0:58	14	47:12