



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Gerstmann, Silke

Club: Teufel - Team
Number: 603

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 4:29:23

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 71 (of 117)
Rank in course/Women: 17 (of 35)
Best time in course: 3:34:11

Rank in category: 3(of 5)
Best time in the category: 4:16:09

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	1:05:30	5:38	2	1:12	11	10:53	11.60	1:05:30	5:38	3	1:12	35	
Lap 2	9.90	1:04:50	6:32	3	3:50	20	12:56	21.50	2:10:20	6:03	3	5:02	35	
Lap 3	11.10	1:12:01	6:29	2	1:56	14	14:20	32.60	3:22:21	6:12	3	6:58	35	
Last lap Ziel Inse	10.40	1:07:02	6:26	3	7:15	22	17:59	43.00	4:29:23	6:15	3	13:14	17	55:12