



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Bethge, Annette

Club: LC RON-HILL Berlin e.V.  
Number: 686

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 4:48:15

Speed: 8.95 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 82 (of 117)  
Rank in course/Women: 21 (of 35)  
Best time in course: 3:34:11

Rank in category: 8(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	1:17:29	6:40	9	19:15	29	22:52	11.60	1:17:29	6:40	8	17:26	4	4:09
Lap 2	9.90	1:09:42	7:02	8	16:41	21	17:48	21.50	2:27:11	6:50	8	32:22	4	
Lap 3	11.10	1:15:21	6:47	7	15:55	17	17:40	32.60	3:42:32	6:49	8	48:11	4	
Last lap Ziel Inse	10.40	1:05:43	6:19	8	16:40	18	16:40	43.00	4:48:15	6:42	8	1:04:51	21	1:14:04