



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin Ultrateam  
Number: 700

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 5:09:18

Speed: 8.34 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 100 (of 117)

Rank in course/Women: 26 (of 35)

Best time in course: 3:34:11

Rank in category: 4(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	1:17:44	6:42	5	13:26	30	23:07	11.60	1:17:44	6:42	4	13:26	9	4:24
Lap 2	9.90	1:14:44	7:32	4	13:44	25	22:50	21.50	2:32:28	7:05	4	27:10	9	4:15
Lap 3	11.10	1:23:43	7:32	4	13:38	25	26:02	32.60	3:56:11	7:14	4	40:48	9	
Last lap Ziel Inse	10.40	1:13:07	7:01	4	13:20	25	24:04	43.00	5:09:18	7:11	4	53:09	26	1:35:07