



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

könning, monika

Club: LT-Nauen Falkensee
Number: 694

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 5:27:00

Speed: 7.89 km/h
Running performance: 7:36 min/km

Rank in course/Total: 106 (of 117)

Rank in course/Women: 30 (of 35)

Best time in course: 3:34:11

Rank in category: 2(of 2)

Best time in the category: 4:32:32

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	1:16:33	6:35	2	9:05	27	21:56	11.60	1:16:33	6:35	2	9:05	13	3:13
Lap 2	9.90	1:24:31	8:32	2	21:47	33	32:37	21.50	2:41:04	7:29	2	30:52	13	12:51
Lap 3	11.10	1:27:34	7:53	2	12:05	27	29:53	32.60	4:08:38	7:37	2	42:57	13	11:50
Last lap Ziel Inse	10.40	1:18:22	7:32	2	11:31	29	29:19	43.00	5:27:00	7:36	2	54:28	30	1:52:49