



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Knape, Waltraud

Club: Berlin
Number: 656

Course: 43.00 km
Cross-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 5:54:13

Speed: 7.28 km/h
Running performance: 8:14 min/km

Rank in course/Total: 112 (of 117)

Rank in course/Women: 33 (of 35)

Best time in course: 3:34:11

Rank in category: 10(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	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	11.60	1:24:56	7:19	10	26:42	33	30:19	11.60	1:24:56	7:19	10	24:53	16	11:36
Lap 2	9.90	1:23:24	8:25	10	30:23	30	31:30	21.50	2:48:20	7:49	10	53:31	16	20:07
Lap 3	11.10	1:37:10	8:45	10	37:44	32	39:29	32.60	4:25:30	8:08	10	1:31:09	16	28:42
Last lap Ziel Inse	10.40	1:28:43	8:31	11	39:40	35	39:40	43.00	5:54:13	8:14	10	2:10:49	33	2:20:02