



3. Erfurter Marathon
Erfurt / 27.08.2016

Detailed evaluation

Flad, Stefanie

Club: ELAC
Number: 110

Course: 42.20 km
Marathon Einzel

Category:
Frauen

Total time: 4:40:28

Speed: 8.99 km/h
Running performance: 6:39 min/km

Rank in course/Total: 17 (of 48)

Rank in course/Women: 2 (of 8)

Best time in course: 4:31:05

Rank in category: 2(of 8)

Best time in the category: 4:31:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
nördlichster Punkt	4.59	24:14	5:16	4	1:12	4	1:12	4.59	24:14	5:16	4	1:12	4	1:12
Wechselstelle 1	5.09	31:07	6:06	3	1:29	3	1:29	9.68	55:21	5:43	4	2:20	4	2:20
Wechselstelle 2	11.40	1:11:03	6:13	1	-	1	-	21.08	2:06:24	5:59	1	-	1	-
südlichster Punkt	5.28	35:17	6:40	2	2:37	2	2:37	26.36	2:41:41	6:08	1	-	1	-
Wechselstelle 3	3.99	28:30	7:08	1	-	1	-	30.35	3:10:11	6:15	1	-	1	-
Nordpark Erfurt	12.20	1:30:17	7:24	4	21:06	4	21:06	42.20	4:40:28	6:38	3	29:02	3	29:02