



## 2. Schlaubetal-Marathon

Eisenhüttenstadt / 18.10.2008

### Detailed evaluation

**Seiler, Heiko**

Club: TSG-Seelow  
Number: 642

Course: 42.19 km  
Marathon Lauf

Category:  
Männer M35

Total time: 3:30:21

Speed: 11.98 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 15 (of 96)

Rank in course/Men: 14 (of 77)

Best time in course: 2:54:19

Rank in category: 1(of 5)

Best time in the category: 3:30:21

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	45:36	4:33	1	-	10	4:45	10.00	45:36	4:33	1	-	39	
Lap 2	13.60	1:01:00	4:29	1	-	12	8:30	23.60	1:46:36	4:31	1	-	41	
Lap 3	7.20	42:05	5:50	1	-	15	8:22	30.80	2:28:41	4:49	1	-	42	
Last lap Finish	11.39	1:01:40	5:24	2	0:07	29	15:53	42.19	3:30:21	4:59	1	-	14	36:02