



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Henke, Thomas

Club: Berlin  
Number: 397

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:38:46

Speed: 12.76 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 18 (of 146)

Rank in course/Men: 18 (of 116)

Best time in course: 1:26:13

Rank in category: 7(of 27)

Best time in the category: 1:26:13

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.80	49:21	4:10	6	6:23	14	6:23	11.80	49:21	4:10	21		18	6:23
Last lap Finish	9.30	49:25	5:18	7	6:10	18	6:10	21.10	1:38:46	4:40	7	12:33	18	12:33