



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Dopjans, Thomas

Club: Teltow
Number: 432

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:39:11

Speed: 12.70 km/h
Running performance: 4:42 min/km

Rank in course/Total: 19 (of 146)

Rank in course/Men: 19 (of 116)

Best time in course: 1:26:13

Rank in category: 3(of 22)

Best time in the category: 1:30:04

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	3	4:02	14	6:23	11.80	49:21	4:10	21		18	6:23
Last lap Finish	9.30	49:50	5:21	3	5:05	19	6:35	21.10	1:39:11	4:42	3	9:07	19	12:58