



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

sdorra, Alexander

Club: groß lindow
Number: 353

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:44:08

Speed: 12.10 km/h
Running performance: 4:56 min/km

Rank in course/Total: 26 (of 146)

Rank in course/Men: 26 (of 116)

Best time in course: 1:26:13

Rank in category: 9(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	52:12	4:25	9	9:14	28	9:14	11.80	52:12	4:25	20		26	9:14
Last lap Finish	9.30	51:56	5:35	10	8:41	28	8:41	21.10	1:44:08	4:56	9	17:55	26	17:55