



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Gander, Gerhard

Club: Wiesenau
Number: 376

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:45:21

Speed: 11.96 km/h
Running performance: 4:59 min/km

Rank in course/Total: 29 (of 146)

Rank in course/Men: 28 (of 116)

Best time in course: 1:26:13

Rank in category: 3(of 17)

Best time in the category: 1:41:00

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	50:12	4:15	1	-	18	7:14	11.80	50:12	4:15	16		28	7:14
Last lap Finish	9.30	55:09	5:55	8	4:44	53	11:54	21.10	1:45:21	4:59	3	4:21	28	19:08