



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Schuppan, Bernd

Club: MSV Tripoint Frankfurt (Oder)

Number: 414

Course: 21.10 km

Eisenhüttenstädter Cross-Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:46:42

Speed: 11.87 km/h

Running performance: 5:04 min/km

Rank in course/Total: 35 (of 146)

Rank in course/Men: 32 (of 116)

Best time in course: 1:26:13

Rank in category: 11(of 27)

Best time in the category: 1:26:13

Intermediate times

Stage score

Total ranking

Control	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	11.80	54:39	4:37	15	11:41	46	11:41	11.80	54:39	4:37	17		34	11:41
Last lap Finish	9.30	52:03	5:35	11	8:48	30	8:48	21.10	1:46:42	5:03	11	20:29	32	20:29