



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

mühle, steffen

Club: potsdamer laufclub
Number: 435

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:47:10

Speed: 11.76 km/h
Running performance: 5:05 min/km

Rank in course/Total: 38 (of 146)

Rank in course/Men: 36 (of 116)

Best time in course: 1:26:13

Rank in category: 5(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	53:14	4:30	5	3:02	33	10:16	11.80	53:14	4:30	14		36	10:16
Last lap Finish	9.30	53:56	5:47	4	3:31	41	10:41	21.10	1:47:10	5:04	5	6:10	36	20:57