



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: 11.81 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 |