



# 7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

## Detailed evaluation

**Schwark, Lars**

Club: Bad Freienwalde  
Number: 404

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:48:27

Speed: 11.62 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 43 (of 146)

Rank in course/Men: 41 (of 116)

Best time in course: 1:26:13

Rank in category: 6(of 15)

Best time in the category: 1:32:36

| 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    | 54:23      | 4:36         | 5           | 7:58        | 40      | 11:25      | 11.80         | 54:23      | 4:36         | 6        | 7:58        | 41      | 11:25      |
| Last lap Finish    | 9.30     | 54:04      | 5:48         | 6           | 7:53        | 42      | 10:49      | 21.10         | 1:48:27    | 5:08         | 6        | 15:51       | 41      | 22:14      |