



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	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	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