



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Löwa, Gerd

Club: Kommunales Kino Cottbus e.V.
Number: 415

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:48:47

Speed: 11.64 km/h
Running performance: 5:10 min/km

Rank in course/Total: 45 (of 146)

Rank in course/Men: 43 (of 116)

Best time in course: 1:26:13

Rank in category: 7(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	54:31	4:37	7	4:19	43	11:33	11.80	54:31	4:37	12		38	11:33
Last lap Finish	9.30	54:16	5:50	5	3:51	45	11:01	21.10	1:48:47	5:09	7	7:47	43	22:34