



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Pommerening, Mirko

Club: REW Hochofen
Number: 398

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:49:32

Speed: 11.50 km/h
Running performance: 5:11 min/km

Rank in course/Total: 48 (of 146)

Rank in course/Men: 46 (of 116)

Best time in course: 1:26:13

Rank in category: 15(of 27)

Best time in the category: 1:26:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.80	55:01	4:39	17	12:03	53	12:03	11.80	55:01	4:39	14	0:18	46	12:03
Last lap Finish	9.30	54:31	5:51	16	11:16	49	11:16	21.10	1:49:32	5:11	15	23:19	46	23:19