



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Stenzel, Ingo

Club: Motor Saspow
Number: 409

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:52:22

Speed: 11.21 km/h
Running performance: 5:20 min/km

Rank in course/Total: 63 (of 146)

Rank in course/Men: 59 (of 116)

Best time in course: 1:26:13

Rank in category: 10(of 22)

Best time in the category: 1:30:04

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	57:20	4:51	15	12:01	69	14:22	11.80	57:20	4:51	14		58	14:22
Last lap Finish	9.30	55:02	5:55	9	10:17	51	11:47	21.10	1:52:22	5:19	10	22:18	59	26:09