



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Zeuke, Frank

Club: Frankfurt (Oder)
Number: 431

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:54:25

Speed: 11.01 km/h
Running performance: 5:25 min/km

Rank in course/Total: 72 (of 146)

Rank in course/Men: 67 (of 116)

Best time in course: 1:26:13

Rank in category: 13(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	55:14	4:40	11	9:55	55	12:16	11.80	55:14	4:40	10		68	12:16
Last lap Finish	9.30	59:11	6:21	14	14:26	74	15:56	21.10	1:54:25	5:25	13	24:21	67	28:12