



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Knispel, Michael

Club: MSV Tripoint Frankfurt (Oder)
Number: 444

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:54:41

Speed: 10.99 km/h
Running performance: 5:26 min/km

Rank in course/Total: 76 (of 146)

Rank in course/Men: 71 (of 116)

Best time in course: 1:26:13

Rank in category: 15(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	54:43	4:38	7	9:24	49	11:45	11.80	54:43	4:38	9		44	11:45
Last lap Finish	9.30	59:58	6:26	17	15:13	80	16:43	21.10	1:54:41	5:26	15	24:37	71	28:28