



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Fox, Ralf

Club: Hebbi Hippos
Number: 306

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:55:51

Speed: 10.93 km/h
Running performance: 5:29 min/km

Rank in course/Total: 79 (of 146)

Rank in course/Men: 73 (of 116)

Best time in course: 1:26:13

Rank in category: 16(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	56:08	4:45	13	10:49	62	13:10	11.80	56:08	4:45	8		73	13:10
Last lap Finish	9.30	59:43	6:25	16	14:58	76	16:28	21.10	1:55:51	5:29	16	25:47	73	29:38