



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Göllner, Heiko

Club: Eisenhüttenstadt
Number: 377

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:13:03

Speed: 9.47 km/h
Running performance: 6:19 min/km

Rank in course/Total: 118 (of 146)

Rank in course/Men: 100 (of 116)

Best time in course: 1:26:13

Rank in category: 20(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	1:03:16	5:21	20	17:57	95	20:18	11.80	1:03:16	5:21	4	3:43	99	20:18
Last lap Finish	9.30	1:09:47	7:30	20	25:02	103	26:32	21.10	2:13:03	6:18	20	42:59	100	46:50