



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Ebert-Herzog, Frank

Club: SG Willmersdorf  
Number: 349

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:15:56

Speed: 9.27 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 124 (of 146)

Rank in course/Men: 102 (of 116)

Best time in course: 1:26:13

Rank in category: 26(of 27)

Best time in the category: 1:26:13

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	1:07:05	5:41	26	24:07	102	24:07	11.80	1:07:05	5:41	3	12:22	102	24:07
Last lap Finish	9.30	1:08:51	7:24	26	25:36	100	25:36	21.10	2:15:56	6:26	26	49:43	102	49:43