



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Westphal, Hartmut

Club: Möbiskruger SV 67  
Number: 378

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:19:42

Speed: 9.02 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 126 (of 146)

Rank in course/Men: 104 (of 116)

Best time in course: 1:26:13

Rank in category: 9(of 9)

Best time in the category: 1:50:00

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	9	12:25	102	24:07	11.80	1:07:05	5:41	9	12:25	102	24:07
Last lap Finish	9.30	1:12:37	7:48	9	17:17	109	29:22	21.10	2:19:42	6:37	9	29:42	104	53:29