



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Lappe, Matthias

Club: LG eXa
Number: 695

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:59:18

Speed: 14.39 km/h
Running performance: 4:10 min/km

Rank in course/Total: 3 (of 105)

Rank in course/Men: 3 (of 82)

Best time in course: 2:49:01

Rank in category: 1(of 22)

Best time in the category: 2:59:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	47:13	4:04	2	3:14	4	3:16	11.60	47:13	4:04	12	-	58	-
Lap 2	19.00	1:19:28	4:10	2	1:06	4	4:59	30.60	2:06:41	4:08	12	-	59	-
Lap 3	1.70	12:18	7:14	1	-	2	0:06	32.30	2:18:59	4:18	12	-	59	-
Last lap Finish	10.70	40:19	3:46	1	-	2	1:56	43.00	2:59:18	4:10	1	-	3	10:17