



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

laenger, uwe

Club: 1.FC UNION BERLIN
Number: 680

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:03:17

Speed: 14.08 km/h
Running performance: 4:16 min/km

Rank in course/Total: 4 (of 105)

Rank in course/Men: 4 (of 82)

Best time in course: 2:49:01

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	43:59	3:47	1	-	2	0:02	11.60	43:59	3:47	22		59	
Lap 2	19.00	1:18:22	4:07	1	-	3	3:53	30.60	2:02:21	3:59	22		58	
Lap 3	1.70	13:04	7:41	2	0:46	5	0:52	32.30	2:15:25	4:11	22		58	
Last lap Finish	10.70	47:52	4:28	4	7:33	10	9:29	43.00	3:03:17	4:15	2	3:59	4	14:16