



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Malig, Ralf

Club: Bowlingclub Senftenberg
Number: 600

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:09:38

Speed: 13.61 km/h
Running performance: 4:25 min/km

Rank in course/Total: 7 (of 105)

Rank in course/Men: 7 (of 82)

Best time in course: 2:49:01

Rank in category: 1(of 14)

Best time in the category: 3:09:38

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	11.60	49:27	4:15	2	1:33	8	5:30	11.60	49:27	4:15	1	-	56	
Lap 2	19.00	1:22:58	4:22	1	-	6	8:29	30.60	2:12:25	4:19	1	-	55	
Lap 3	1.70	13:52	8:09	1	-	7	1:40	32.30	2:26:17	4:31	1	-	55	
Last lap Finish	10.70	43:21	4:03	1	-	6	4:58	43.00	3:09:38	4:24	1	-	7	20:37