



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Niedzwetzki, Michael

Club: A3K

Number: 718

Course: 43.00 km

Cross-Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:23:01

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 8 (of 105)

Rank in course/Men: 8 (of 82)

Best time in course: 2:49:01

Rank in category: 2(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	51:47	4:27	3	3:53	11	7:50	11.60	51:47	4:27	2	2:20	55	
Lap 2	19.00	1:29:50	4:43	2	6:52	10	15:21	30.60	2:21:37	4:37	2	9:12	54	
Lap 3	1.70	15:44	9:15	3	1:52	24	3:32	32.30	2:37:21	4:52	2	11:04	54	
Last lap Finish	10.70	45:40	4:16	2	2:19	7	7:17	43.00	3:23:01	4:43	2	13:23	8	34:00