



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Asmus, Nils

Club: VS Weißenfels  
Number: 709

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:24:52

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 10 (of 105)

Rank in course/Men: 10 (of 82)

Best time in course: 2:49:01

Rank in category: 4(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	55:05	4:44	6	11:06	16	11:08	11.60	55:05	4:44	20		42	
Lap 2	19.00	1:29:16	4:41	4	10:54	9	14:47	30.60	2:24:21	4:43	20		52	
Lap 3	1.70	14:37	8:35	4	2:19	9	2:25	32.30	2:38:58	4:55	20		52	
Last lap Finish	10.70	45:54	4:17	3	5:35	8	7:31	43.00	3:24:52	4:45	4	25:34	10	35:51