



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Roßberg, Volker

Club: T-Rex-Team
Number: 640

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:29:40

Speed: 12.31 km/h
Running performance: 4:53 min/km

Rank in course/Total: 11 (of 105)

Rank in course/Men: 11 (of 82)

Best time in course: 2:49:01

Rank in category: 5(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	55:01	4:44	5	11:02	14	11:04	11.60	55:01	4:44	19			52
Lap 2	19.00	1:30:54	4:47	5	12:32	11	16:25	30.60	2:25:55	4:46	19			41
Lap 3	1.70	15:03	8:51	5	2:45	12	2:51	32.30	2:40:58	4:59	19			41
Last lap Finish	10.70	48:42	4:33	5	8:23	12	10:19	43.00	3:29:40	4:52	5	30:22	11	40:39