



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

**Muhs, Matthias**

Club: TV Fürstenwalde  
Number: 662

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:33:11

Speed: 12.10 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 13 (of 105)

Rank in course/Men: 13 (of 82)

Best time in course: 2:49:01

Rank in category: 3(of 14)

Best time in the category: 3:09:38

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 11.60       | 58:23         | 5:01            | 6           | 10:29          | 24          | 14:26         | 11.60         | 58:23         | 5:01            | 3           | 8:56           | 50         |               |
| Lap 2           | 19.00       | 1:33:33       | 4:55            | 3           | 10:35          | 14          | 19:04         | 30.60         | 2:31:56       | 4:57            | 3           | 19:31          | 49         |               |
| Lap 3           | 1.70        | 13:57         | 8:12            | 2           | 0:05           | 8           | 1:45          | 32.30         | 2:45:53       | 5:08            | 3           | 19:36          | 49         |               |
| Last lap Finish | 10.70       | 47:18         | 4:25            | 3           | 3:57           | 9           | 8:55          | 43.00         | 3:33:11       | 4:57            | 3           | 23:33          | 13         | 44:10         |