



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Muennich, Sebastian

Club: MSV Tripoint Ffo.  
Number: 637

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:35:57

Speed: 11.95 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 15 (of 105)

Rank in course/Men: 15 (of 82)

Best time in course: 2:49:01

Rank in category: 3(of 13)

Best time in the category: 3:07:24

| 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    | 55:57      | 4:49         | 4           | 6:19        | 17      | 12:00      | 11.60         | 55:57      | 4:49         | 3        | 5:19        | 48      |            |
| Lap 2              | 19.00    | 1:32:51    | 4:53         | 2           | 9:54        | 13      | 18:22      | 30.60         | 2:28:48    | 4:51         | 3        | 15:13       | 47      |            |
| Lap 3              | 1.70     | 14:54      | 8:45         | 2           | 2:10        | 10      | 2:42       | 32.30         | 2:43:42    | 5:04         | 3        | 17:23       | 47      |            |
| Last lap Finish    | 10.70    | 52:15      | 4:52         | 3           | 11:10       | 24      | 13:52      | 43.00         | 3:35:57    | 5:01         | 3        | 28:33       | 15      | 46:56      |