



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