



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Helmis, Kristian

Club: 1. FC Union Berlin
Number: 605

Course: 43.00 km
Cross-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:38:05

Speed: 11.83 km/h
Running performance: 5:04 min/km

Rank in course/Total: 18 (of 105)

Rank in course/Men: 17 (of 82)

Best time in course: 2:49:01

Rank in category: 4(of 13)

Best time in the category: 3:07:24

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------------|-------|---------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Lap 1 | 11.60 | 56:36 | 4:52 | 5 | 6:58 | 22 | 12:39 | 11.60 | 56:36 | 4:52 | 4 | 5:58 | 46 | |
| Lap 2 | 19.00 | 1:33:46 | 4:56 | 3 | 10:49 | 15 | 19:17 | 30.60 | 2:30:22 | 4:54 | 4 | 16:47 | 45 | |
| Lap 3 | 1.70 | 15:20 | 9:01 | 3 | 2:36 | 16 | 3:08 | 32.30 | 2:45:42 | 5:07 | 4 | 19:23 | 45 | |
| Last lap Finish | 10.70 | 52:23 | 4:53 | 4 | 11:18 | 25 | 14:00 | 43.00 | 3:38:05 | 5:04 | 4 | 30:41 | 17 | 49:04 |