



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Schirmer, Hartmut

Club: SV Wacker Komptendorf
Number: 698

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:40:57

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 20 (of 105)

Rank in course/Men: 18 (of 82)

Best time in course: 2:49:01

Rank in category: 5(of 14)

Best time in the category: 3:09:38

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	55:58	4:49	5	8:04	18	12:01	11.60	55:58	4:49	5	6:31	45	
Lap 2	19.00	1:35:20	5:01	5	12:22	17	20:51	30.60	2:31:18	4:56	5	18:53	44	
Lap 3	1.70	15:55	9:21	4	2:03	25	3:43	32.30	2:47:13	5:10	5	20:56	44	
Last lap Finish	10.70	53:44	5:01	6	10:23	33	15:21	43.00	3:40:57	5:08	5	31:19	18	51:56