



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Knefel, Günter

Club: Berlin
Number: 688

Course: 43.00 km
Cross-Marathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:41:16

Speed: 11.66 km/h
Running performance: 5:09 min/km

Rank in course/Total: 21 (of 105)

Rank in course/Men: 19 (of 82)

Best time in course: 2:49:01

Rank in category: 1(of 4)

Best time in the category: 3:41:16

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	1:00:36	5:13	1	-	31	16:39	11.60	1:00:36	5:13	1	-	44	
Lap 2	19.00	1:36:04	5:03	1	-	21	21:35	30.60	2:36:40	5:07	1	-	43	
Lap 3	1.70	15:10	8:55	1	-	14	2:58	32.30	2:51:50	5:19	1	-	43	
Last lap Finish	10.70	49:26	4:37	1	-	14	11:03	43.00	3:41:16	5:08	1	-	19	52:15