



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Köppen, Sven

Club: Tzschetzschnowser
Number: 633

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:43:12

Speed: 11.56 km/h
Running performance: 5:11 min/km

Rank in course/Total: 24 (of 105)

Rank in course/Men: 22 (of 82)

Best time in course: 2:49:01

Rank in category: 3(of 13)

Best time in the category: 2:55:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	11.60	58:28	5:02	2	12:54	26	14:31	11.60	58:28	5:02	3	12:54	82		
Lap 2	19.00	1:36:54	5:06	3	19:55	23	22:25	30.60	2:35:22	5:04	3	32:49	80		
Lap 3	1.70	15:15	8:58	2	2:39	15	3:03	32.30	2:50:37	5:16	3	35:28	80		
Last lap Finish	10.70	52:35	4:54	5	11:55	30	14:12	43.00	3:43:12	5:11	3	47:23	22	54:11	