



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Heinze, Michael

Club: Beeskow  
Number: 717

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:44:17

Speed: 11.50 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 25 (of 105)

Rank in course/Men: 23 (of 82)

Best time in course: 2:49:01

Rank in category: 6(of 22)

Best time in the category: 2:59:18

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	58:30	5:02	7	14:31	27	14:33	11.60	58:30	5:02	18		81	
Lap 2	19.00	1:37:40	5:08	7	19:18	25	23:11	30.60	2:36:10	5:06	18		79	
Lap 3	1.70	16:09	9:30	7	3:51	26	3:57	32.30	2:52:19	5:20	18		79	
Last lap Finish	10.70	51:58	4:51	7	11:39	21	13:35	43.00	3:44:17	5:12	6	44:59	23	55:16