



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Ziechmann, Marco

Club: Grünheide  
Number: 714

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:45:10

Speed: 11.46 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 26 (of 105)

Rank in course/Men: 24 (of 82)

Best time in course: 2:49:01

Rank in category: 6(of 13)

Best time in the category: 3:07:24

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	58:27	5:02	7	8:49	25	14:30	11.60	58:27	5:02	6	7:49	79	
Lap 2	19.00	1:37:35	5:08	5	14:38	24	23:06	30.60	2:36:02	5:05	6	22:27	77	
Lap 3	1.70	16:38	9:47	6	3:54	30	4:26	32.30	2:52:40	5:20	6	26:21	77	
Last lap Finish	10.70	52:30	4:54	6	11:25	27	14:07	43.00	3:45:10	5:14	6	37:46	24	56:09