



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Lieske, Marcus

Club: Berlin
Number: 652

Course: 43.00 km
Cross-Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:45:43

Speed: 11.43 km/h
Running performance: 5:15 min/km

Rank in course/Total: 29 (of 105)

Rank in course/Men: 26 (of 82)

Best time in course: 2:49:01

Rank in category: 3(of 5)

Best time in the category: 3:24:07

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	56:01	4:49	2	6:36	19	12:04	11.60	56:01	4:49	4			77
Lap 2	19.00	1:36:02	5:03	2	8:32	19	21:33	30.60	2:32:03	4:58	3	15:08		75
Lap 3	1.70	17:09	10:05	4	2:02	39	4:57	32.30	2:49:12	5:14	3	17:10		75
Last lap Finish	10.70	56:31	5:16	4	5:16	38	18:08	43.00	3:45:43	5:14	3	21:36	26	56:42