



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Ott, Nico

Club: VfB Döbbrick  
Number: 719

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:48:56

Speed: 11.27 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 32 (of 105)

Rank in course/Men: 29 (of 82)

Best time in course: 2:49:01

Rank in category: 4(of 13)

Best time in the category: 2:55:49

| Intermediate times |             |               |                 | Stage score |                |            |               | Total ranking |               |                 |             |                |            |               |
|--------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Control            | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1              | 11.60       | 1:00:39       | 5:13            | 4           | 15:05          | 32         | 16:42         | 11.60         | 1:00:39       | 5:13            | 4           | 15:05          | 75         |               |
| Lap 2              | 19.00       | 1:41:28       | 5:20            | 5           | 24:29          | 31         | 26:59         | 30.60         | 2:42:07       | 5:17            | 4           | 39:34          | 73         |               |
| Lap 3              | 1.70        | 15:42         | 9:14            | 4           | 3:06           | 20         | 3:30          | 32.30         | 2:57:49       | 5:30            | 4           | 42:40          | 61         |               |
| Last lap Finish    | 10.70       | 51:07         | 4:46            | 3           | 10:27          | 17         | 12:44         | 43.00         | 3:48:56       | 5:19            | 4           | 53:07          | 29         | 59:55         |