



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Rönisch, Carsten

Club: Neuenhagen
Number: 619

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:49:11

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 33 (of 105)

Rank in course/Men: 30 (of 82)

Best time in course: 2:49:01

Rank in category: 9(of 22)

Best time in the category: 2:59:18

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	58:49	5:04	8	14:50	28	14:52	11.60	58:49	5:04	15		74	
Lap 2	19.00	1:39:47	5:15	9	21:25	29	25:18	30.60	2:38:36	5:10	15		72	
Lap 3	1.70	16:46	9:51	10	4:28	36	4:34	32.30	2:55:22	5:25	15		72	
Last lap Finish	10.70	53:49	5:01	8	13:30	34	15:26	43.00	3:49:11	5:19	9	49:53	30	1:00:10