



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Marschallek, Stephan

Club: TV Fürstenwalde  
Number: 654

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:51:29

Speed: 11.15 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 36 (of 105)

Rank in course/Men: 32 (of 82)

Best time in course: 2:49:01

Rank in category: 7(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	58:00	5:00	6	8:22	23	14:03	11.60	58:00	5:00	7	7:22	72	
Lap 2	19.00	1:37:52	5:09	6	14:55	26	23:23	30.60	2:35:52	5:05	7	22:17	70	
Lap 3	1.70	16:39	9:47	7	3:55	31	4:27	32.30	2:52:31	5:20	7	26:12	70	
Last lap Finish	10.70	58:58	5:30	9	17:53	42	20:35	43.00	3:51:29	5:22	7	44:05	32	1:02:28