



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Thiel, Sebastian

Club: Berlin
Number: 638

Course: 43.00 km
Cross-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:59:07

Speed: 10.79 km/h
Running performance: 5:34 min/km

Rank in course/Total: 41 (of 105)

Rank in course/Men: 37 (of 82)

Best time in course: 2:49:01

Rank in category: 8(of 13)

Best time in the category: 3:07:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:05:10	5:37	10	15:32	55	21:13	11.60	1:05:10	5:37	8	14:32	67	4:08
Lap 2	19.00	1:44:42	5:30	8	21:45	37	30:13	30.60	2:49:52	5:33	8	36:17	65	
Lap 3	1.70	16:42	9:49	8	3:58	33	4:30	32.30	3:06:34	5:46	8	40:15	65	
Last lap Finish	10.70	52:33	4:54	7	11:28	29	14:10	43.00	3:59:07	5:33	8	51:43	37	1:10:06