



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Prautsch, Thomas

Club: Frankfurt (Oder)
Number: 648

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:00:11

Speed: 10.74 km/h
Running performance: 5:35 min/km

Rank in course/Total: 44 (of 105)

Rank in course/Men: 39 (of 82)

Best time in course: 2:49:01

Rank in category: 10(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 | 1:01:38 | 5:18 | 12 | 17:39 | 42 | 17:41 | 11.60 | 1:01:38 | 5:18 | 14 | 0:27 | 65 | 0:36 |
| Lap 2 | 19.00 | 1:44:48 | 5:30 | 11 | 26:26 | 38 | 30:19 | 30.60 | 2:46:26 | 5:26 | 14 | 1:36 | 63 | |
| Lap 3 | 1.70 | 16:41 | 9:48 | 8 | 4:23 | 32 | 4:29 | 32.30 | 3:03:07 | 5:40 | 14 | 1:02 | 63 | |
| Last lap Finish | 10.70 | 57:04 | 5:20 | 10 | 16:45 | 40 | 18:41 | 43.00 | 4:00:11 | 5:35 | 10 | 1:00:53 | 39 | 1:11:10 |