



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Brüseke, Ralf

Club: Turbosocken
Number: 712

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:02:26

Speed: 10.64 km/h
Running performance: 5:38 min/km

Rank in course/Total: 47 (of 105)

Rank in course/Men: 40 (of 82)

Best time in course: 2:49:01

Rank in category: 11(of 22)

Best time in the category: 2:59:18

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	1:01:21	5:17	11	17:22	37	17:24	11.60	1:01:21	5:17	13	0:10	64	0:19
Lap 2	19.00	1:46:09	5:35	12	27:47	43	31:40	30.60	2:47:30	5:28	13	2:40	14	
Lap 3	1.70	17:24	10:14	12	5:06	42	5:12	32.30	3:04:54	5:43	13	2:49	62	
Last lap Finish	10.70	57:32	5:22	11	17:13	41	19:09	43.00	4:02:26	5:38	11	1:03:08	40	1:13:25