



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Guse, Torsten

Club: Neißemünde
Number: 677

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:03:21

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 48 (of 105)

Rank in course/Men: 41 (of 82)

Best time in course: 2:49:01

Rank in category: 12(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 | 1:01:11 | 5:16 | 10 | 17:12 | 36 | 17:14 | 11.60 | 1:01:11 | 5:16 | 1 | - | 32 | 0:09 |
| Lap 2 | 19.00 | 1:43:39 | 5:27 | 10 | 25:17 | 34 | 29:10 | 30.60 | 2:44:50 | 5:23 | 1 | - | 31 | |
| Lap 3 | 1.70 | 17:15 | 10:08 | 11 | 4:57 | 40 | 5:03 | 32.30 | 3:02:05 | 5:38 | 1 | - | 31 | |
| Last lap Finish | 10.70 | 1:01:16 | 5:43 | 15 | 20:57 | 47 | 22:53 | 43.00 | 4:03:21 | 5:39 | 12 | 1:04:03 | 41 | 1:14:20 |