



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Wolf, Maik

Club: Fürstenwalde
Number: 707

Course: 43.00 km
Cross-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 4:07:30

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 52 (of 105)

Rank in course/Men: 43 (of 82)

Best time in course: 2:49:01

Rank in category: 9(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	1:08:08	5:52	12	18:30	62	24:11	11.60	1:08:08	5:52	9	17:30	20	7:06
Lap 2	19.00	1:50:01	5:47	11	27:04	48	35:32	30.60	2:58:09	5:49	9	44:34	19	5:22
Lap 3	1.70	16:58	9:58	9	4:14	37	4:46	32.30	3:15:07	6:02	9	48:48	19	3:52
Last lap Finish	10.70	52:23	4:53	4	11:18	25	14:00	43.00	4:07:30	5:45	9	1:00:06	43	1:18:29