



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Wiesner, Dirk

Club: T-REX-TEAM
Number: 622

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:09:52

Speed: 10.33 km/h
Running performance: 5:49 min/km

Rank in course/Total: 57 (of 105)

Rank in course/Men: 46 (of 82)

Best time in course: 2:49:01

Rank in category: 14(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	1:02:49	5:24	14	18:50	46	18:52	11.60	1:02:49	5:24	10	1:38	10	1:47
Lap 2	19.00	1:52:28	5:55	15	34:06	53	37:59	30.60	2:55:17	5:43	10	10:27	16	2:30
Lap 3	1.70	18:05	10:38	14	5:47	46	5:53	32.30	3:13:22	5:59	10	11:17	16	2:07
Last lap Finish	10.70	56:30	5:16	9	16:11	37	18:07	43.00	4:09:52	5:48	14	1:10:34	46	1:20:51