



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Lau, Matthias

Club: LT Nordkreuz Berlin
Number: 675

Course: 43.00 km
Cross-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 4:12:33

Speed: 10.22 km/h
Running performance: 5:52 min/km

Rank in course/Total: 59 (of 105)

Rank in course/Men: 48 (of 82)

Best time in course: 2:49:01

Rank in category: 10(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	1:01:10	5:16	8	11:32	35	17:13	11.60	1:01:10	5:16	10	10:32	14	0:08
Lap 2	19.00	1:46:20	5:35	9	23:23	44	31:51	30.60	2:47:30	5:28	10	33:55	14	
Lap 3	1.70	18:28	10:51	10	5:44	49	6:16	32.30	3:05:58	5:45	10	39:39	14	
Last lap Finish	10.70	1:06:35	6:13	12	25:30	58	28:12	43.00	4:12:33	5:52	10	1:05:09	48	1:23:32