



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Löffler, Steffen

Club: rbb-Laufbewegung Cottbus
Number: 683

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:12:58

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 60 (of 105)

Rank in course/Men: 49 (of 82)

Best time in course: 2:49:01

Rank in category: 9(of 13)

Best time in the category: 2:55:49

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	1:01:32	5:18	7	15:58	40	17:35	11.60	1:01:32	5:18	9	15:58	13	0:30
Lap 2	19.00	1:51:36	5:52	9	34:37	49	37:07	30.60	2:53:08	5:39	9	50:35	13	0:21
Lap 3	1.70	18:10	10:41	7	5:34	47	5:58	32.30	3:11:18	5:55	9	56:09	13	0:03
Last lap Finish	10.70	1:01:40	5:45	7	21:00	49	23:17	43.00	4:12:58	5:52	9	1:17:09	49	1:23:57