



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Rilling, Torsten

Club: team wsabg.de
Number: 697

Course: 43.00 km
Cross-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 4:17:18

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 62 (of 105)

Rank in course/Men: 51 (of 82)

Best time in course: 2:49:01

Rank in category: 11(of 13)

Best time in the category: 3:07:24

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	1:03:25	5:28	9	13:47	52	19:28	11.60	1:03:25	5:28	11	12:47	11	2:23
Lap 2	19.00	1:49:22	5:45	10	26:25	46	34:53	30.60	2:52:47	5:38	11	39:12	1	-
Lap 3	1.70	18:28	10:51	10	5:44	49	6:16	32.30	3:11:15	5:55	11	44:56	1	-
Last lap Finish	10.70	1:06:03	6:10	10	24:58	56	27:40	43.00	4:17:18	5:59	11	1:09:54	51	1:28:17