



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Janiszewski, Günter

Club: DUV

Number: 658

Course: 43.00 km

Cross-Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:18:03

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 63 (of 105)

Rank in course/Men: 52 (of 82)

Best time in course: 2:49:01

Rank in category: 2(of 6)

Best time in the category: 3:31:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:02:49	5:24	2	6:47	46	18:52	11.60	1:02:49	5:24	3	6:47	10	1:47
Lap 2	19.00	1:55:51	6:05	3	23:04	57	41:22	30.60	2:58:40	5:50	2	29:51	10	5:53
Lap 3	1.70	19:13	11:18	2	4:19	54	7:01	32.30	3:17:53	6:07	2	34:10	10	6:38
Last lap Finish	10.70	1:00:10	5:37	2	12:01	46	21:47	43.00	4:18:03	6:00	2	46:11	52	1:29:02