



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Matthes, Bodo

Club: LC Ron-Hill Berlin
Number: 713

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:29:21

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 71 (of 105)

Rank in course/Men: 57 (of 82)

Best time in course: 2:49:01

Rank in category: 15(of 22)

Best time in the category: 2:59:18

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	1:15:14	6:29	22	31:15	77	31:17	11.60	1:15:14	6:29	9	14:03	5	14:12
Lap 2	19.00	1:51:53	5:53	14	33:31	51	37:24	30.60	3:07:07	6:06	9	22:17	5	14:20
Lap 3	1.70	19:18	11:21	16	7:00	55	7:06	32.30	3:26:25	6:23	9	24:20	5	15:10
Last lap Finish	10.70	1:02:56	5:52	16	22:37	52	24:33	43.00	4:29:21	6:15	15	1:30:03	57	1:40:20