



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Ruess, André

Club: TriTeam Berlin
Number: 656

Course: 43.00 km
Cross-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:35:59

Speed: 9.35 km/h
Running performance: 6:25 min/km

Rank in course/Total: 74 (of 105)

Rank in course/Men: 59 (of 82)

Best time in course: 2:49:01

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:06:16	5:42	4	10:14	58	22:19	11.60	1:06:16	5:42	4	10:14	3	5:14
Lap 2	19.00	1:52:28	5:55	2	19:41	53	37:59	30.60	2:58:44	5:50	3	29:55	3	5:57
Lap 3	1.70	21:07	12:25	4	6:13	68	8:55	32.30	3:19:51	6:11	3	36:08	3	8:36
Last lap Finish	10.70	1:16:08	7:06	5	27:59	70	37:45	43.00	4:35:59	6:25	3	1:04:07	59	1:46:58