



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Lüttich, Helmut

Club: Nünchritz

Number: 653

Course: 43.00 km

Cross-Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:40:09

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 76 (of 105)

Rank in course/Men: 61 (of 82)

Best time in course: 2:49:01

Rank in category: 3(of 4)

Best time in the category: 3:41:16

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	1:02:58	5:25	2	2:22	48	19:01	11.60	1:02:58	5:25	3	2:22	12	1:56
Lap 2	19.00	2:04:41	6:33	3	28:37	62	50:12	30.60	3:07:39	6:07	3	30:59	11	14:52
Lap 3	1.70	19:47	11:38	3	4:37	60	7:35	32.30	3:27:26	6:25	3	35:36	11	16:11
Last lap Finish	10.70	1:12:43	6:47	3	23:17	67	34:20	43.00	4:40:09	6:30	3	58:53	61	1:51:08