



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Heßland, Ralf

Club: Friedrichroda
Number: 608

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:47:24

Speed: 8.98 km/h
Running performance: 6:41 min/km

Rank in course/Total: 81 (of 105)

Rank in course/Men: 64 (of 82)

Best time in course: 2:49:01

Rank in category: 12(of 14)

Best time in the category: 3:09:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	11.60	1:12:40	6:15	12	24:46	71	28:43	11.60	1:12:40	6:15	12	23:13	39	11:38
Lap 2	19.00	2:06:43	6:40	11	43:45	64	52:14	30.60	3:19:23	6:30	12	1:06:58	38	26:36
Lap 3	1.70	21:05	12:24	13	7:13	67	8:53	32.30	3:40:28	6:49	12	1:14:11	38	29:13
Last lap Finish	10.70	1:06:56	6:15	13	23:35	60	28:33	43.00	4:47:24	6:41	12	1:37:46	64	1:58:23