



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Scheel, Heiko

Club: Team Zaue
Number: 664

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:50:19

Speed: 8.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 83 (of 105)

Rank in course/Men: 66 (of 82)

Best time in course: 2:49:01

Rank in category: 18(of 22)

Best time in the category: 2:59:18

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	1:09:49	6:01	17	25:50	65	25:52	11.60	1:09:49	6:01	6	8:38	37	8:47
Lap 2	19.00	2:08:44	6:46	20	50:22	69	54:15	30.60	3:18:33	6:29	6	33:43	36	25:46
Lap 3	1.70	19:59	11:45	18	7:41	63	7:47	32.30	3:38:32	6:45	6	36:27	36	27:17
Last lap Finish	10.70	1:11:47	6:42	18	31:28	65	33:24	43.00	4:50:19	6:45	18	1:51:01	66	2:01:18