



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Leuschner-Stryczynski, Ralf

Club: LG Mauerweg e.V.
Number: 670

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:54:55

Speed: 8.75 km/h
Running performance: 6:52 min/km

Rank in course/Total: 88 (of 105)

Rank in course/Men: 71 (of 82)

Best time in course: 2:49:01

Rank in category: 21(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	1:06:14	5:42	15	22:15	56	22:17	11.60	1:06:14	5:42	3	5:03	2	5:12
Lap 2	19.00	2:08:39	6:46	19	50:17	68	54:10	30.60	3:14:53	6:22	3	30:03	21	22:06
Lap 3	1.70	23:07	13:35	22	10:49	76	10:55	32.30	3:38:00	6:44	3	35:55	21	26:45
Last lap Finish	10.70	1:16:55	7:11	21	36:36	71	38:32	43.00	4:54:55	6:51	21	1:55:37	71	2:05:54