



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Gründer, Herbert

Club: Berlin
Number: 711

Course: 43.00 km
Cross-Marathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 5:40:27

Speed: 7.58 km/h
Running performance: 7:55 min/km

Rank in course/Total: 102 (of 105)

Rank in course/Men: 79 (of 82)

Best time in course: 2:49:01

Rank in category: 2(of 2)

Best time in the category: 5:22:01

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	1:19:38	6:51	2	5:40	80	35:41	11.60	1:19:38	6:51	2	5:40	24	18:36
Lap 2	19.00	2:32:03	8:00	2	17:35	80	1:17:34	30.60	3:51:41	7:34	2	23:15	23	58:54
Lap 3	1.70	23:41	13:55	1	-	77	11:29	32.30	4:15:22	7:54	2	23:07	23	1:04:07
Last lap Finish	10.70	1:25:05	7:57	1	-	77	46:42	43.00	5:40:27	7:55	2	18:26	79	2:51:26