



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

**Bischof, Rainer**

Club: Diehloer Hügelläufer  
Number: 350

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:35:20

Speed: 13.22 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 10 (of 146)

Rank in course/Men: 10 (of 116)

Best time in course: 1:26:13

Rank in category: 2(of 22)

Best time in the category: 1:30:04

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	11.80	47:30	4:01	2	2:11	9	4:32	11.80	47:30	4:01	22		10	4:32
Last lap Finish	9.30	47:50	5:08	2	3:05	13	4:35	21.10	1:35:20	4:31	2	5:16	10	9:07